

WETHERSFIELD



PARKS & RECREATION

2016

PROGRAMS & REGISTRATION

WEBSITE
wethersfieldct.gov

INSIDE

| | |
|-----------------------------------|-------------|
| 9/11 Memorial Sports Center | 10 |
| Aquatics | begin on 15 |
| Arts Programs | 10 |
| Camps | begin on 4 |
| Early Childhood/TLC Preschool .. | 3 |
| Facilities | 2 |
| Financial Assistance | 5 & 21 |
| Fitness for Adults | begin on 10 |
| Nature Center | begin on 6 |
| Playground | 4 |
| Registration Form | back cover |
| Registration Policies..... | 21 |
| Rental Facilities | 22 |
| Senior Center&Programs begin on | 18 |
| Special Events | 3 |
| Sports for Adults | 12 |
| Sports for Youth | begin on 13 |
| Therapeutic Recreation | 12 |

ADVISORY BOARD

Thomas Ragonese, *Chair*
Michael Bisi
William Derech, Jr.
Jordan Dikegoros
Richard Lepore
Thomas Mull
John Rascius
Dan Silbo
Michael Hurley, *Council Liason*

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Kathleen Bagley, *Director*
Salvatore Cucia, *Assistant Director*
Mary D'Alesandro, *Office Manager*
Kathy Griswold, *Technical Assistant*
Natalie Morrison, *Therapeutic Recreation Supervisor*
Patrick Carlino, *Custodian*
Thomas Nowak, *Custodian*
Rachael Sunny, *Nature Center Director*
Marty Sitler, *Recreation Supervisor*
Mary Thibeault, *Recreation Supervisor II*
Joselyn Valente, *Technical Assistant*

CONTACT

Parks & Recreation Department
Town Hall, 505 Silas Deane Highway
860-721-2890

rec.activities@wethersfieldct.gov

William J. Pitkin Community Center
860-721-2950

community.center@wethersfieldct.gov

Eleanor Buck Wolf Nature Center
860-721-2980

nature.center@wethersfieldct.gov

Facilities

WILLIAM J. PITKIN COMMUNITY CENTER

30 Greenfield Street. Houses 9/11 Memorial Sports Center, Senior Center, Wethersfield Community Television, The Learning Circle Preschool, and other programs. Rooms may be rented for wedding receptions, anniversaries, birthdays, meetings, etc.

9/11 MEMORIAL SPORTS CENTER

30 Greenfield Street. Located in the Pitkin Community Center. Gym, fitness room, and meeting room, all with wireless internet access. Developed in partnership with the Keane Foundation, this area also displays steel recovered from the ruins of the World Trade Center.

SOLOMON WELLES HOUSE

220 Hartford Avenue. A historic house built in 1774 overlooking the Cove may be rented by residents and local businesses for meetings and parties up to 52 people seated or 74 people standing.

ELEANOR BUCK WOLF NATURE CENTER

156 Prospect Street. An environmental education center in Mill Woods Park operated with member support. Exhibits, live animals, educational programs, field trips, parties, room rentals, scout programs and volunteer opportunities. For visiting hours and program offerings please see Eleanor Buck Wolf Nature Center on page 6.

WETHERSFIELD COVE & BOAT LAUNCH

Main Street. Park includes docks and a boat launch with access to the CT River. Tender cleats and mooring rentals are available, weather and conditions permitting, Memorial Day through Labor Day. Register in person at the Parks & Recreation Department. Copy of valid boat registration and proof of insurance required.

Fees collected at the Cove:

| | Res/NonRes |
|------------------------------|-------------|
| Daily launching fee | \$10/\$20 |
| Daily town mooring rental | \$20/\$25 |
| Daily anchorage space rental | \$10/\$15 |
| Daily overnight parking fee | \$7/\$15 |
| Season launching permit | \$100/\$150 |

Services sold at Parks & Recreation:

| | |
|-------------------------------|-------------|
| Season town mooring rental | \$125/\$200 |
| Season tender cleat rental | \$75/\$100 |
| Season anchorage space rental | \$100/\$150 |



MILL WOODS POND & WILLARD POOL

Open for the season Friday, 6/17, 1:00P. Pools will close early at 5:00P on Monday, 7/4. Willard closes for the season Friday, 8/12, and Mill Woods closes Friday, 8/19, at 5:00P. Proof of age and residency (e.g. driver's license) required for admission. Non-residents and guests must be accompanied by an adult resident. Groups of 10+ must notify the pool in advance; additional fees may apply. Adult swimmers are ages 18+. Recreational swimmers age 11 or less must be accompanied by an adult swimmer. Family swimmers age 15 or less must be accompanied by an adult swimmer.

Mill Woods Pond, Prospect Street & Wolcott Hill Road

Recreational swimming (M-Su) 1:00-5:00P
Family swimming (M-Th) 5:00-7:45P or darkness
Wading area open during recreational & family swim times, as well as during AM swim lessons (M-Th).

Willard Pool, Greenfield Street

Recreational swimming (M-Su) 1:00-5:00P
Adult swimming (M-Th) 5:00-6:00P
Family swimming (M-Th) 6:00-7:45P or darkness
Family swimming (F-Su) 5:00-7:45P or darkness
Wading area open during recreational, adult & family swim times, as well as during AM swim lessons (M-Th).

Daily Admission: Adult \$3 and Children (under age 18) \$1.

Season Pass: Provides residents unlimited admission to both pools. Purchase online, by mail-in registration or at the office. Pass will be mailed to address on file. Passes are not sold at the pool. Daily admission cannot be credited towards the purchase of a pass. Pass is required for swim lessons.

Family \$55: Available to two adults and any children living in the same household. Child(ren)'s caregiver (age 18+) may be included. Additional adult(s) living in the household must purchase an individual or family pool pass. Please list all family members on registration form.

Individual \$35: Available to any resident adult or child.

MILL WOODS PARK

Prospect Street & Wolcott Hill Road. Features Loretta's Dream Picnic Pavilion, skate park, bocce ball court, tennis courts (lit daily 7:00-9:00P 4/1-9/30), basketball court, sports fields, walking paths, swimming area, a dog park and the Eleanor Buck Wolf Nature Center.

STANDISH PARK

Garden Street & Hartford Avenue. Features Mikey's Place (two universally accessible playscapes for toddlers and school children), basketball court, baseball field, and tennis courts.

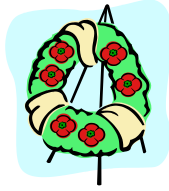
WINTERGREEN WOODS

Folly Brook Boulevard & Eagle Drive. Features walking trails through 110 acres of forest and wetlands. The Heritage Way bicycle and pedestrian path connects to other parks.

Special Events

MEMORIAL DAY PARADE

Saturday, 5/28, beginning at 9:00A. A brief ceremony will be held at Village Cemetery honoring all those who sacrificed their lives in time of war following the parade.



WETHERSFIELD FIREWORKS - 2016

Saturday, June 4: 5pm – dark, Cove Park
Hartford Avenue (next to DMV)
Rain date: June 11
Sponsored by: Wethersfield Chamber of Commerce in partnership with the Town of Wethersfield

ELEANOR BUCK WOLF DAY

Saturday, 6/11, Nature Center. Join staff and the Friends of the Eleanor Buck Wolf Nature Center to celebrate the legacy of Wethersfield resident Eleanor Buck Wolf for whom the Nature Center is named. Inside and outside activities will bring to life her love for nature and passion for education. Contact the Nature Center for details.

CONNECTICUT TRAILS DAY

Celebrate the outdoors and grab a friend for a hike, ride, walk, paddle and more. Events locally and statewide
Saturday, 6/4 & Sunday, 6/5. For a complete schedule visit ctwoodlands.org/CT-TrailsDayWeekend2016 or contact the Nature Center for details.

KEENEY KOOLER CONCERT SERIES

Concerts will be held Tuesdays at 6:30P on the grounds of the Keeney Memorial Center on Main Street in Old Wethersfield:
7/12 – Number Nine Band
7/19 – The Argiro Quintet
7/26 – Latanya Farrell

WETHERSFIELD TEEN THEATER PRODUCTION OF ONCE UPON A MATTRESS

Thursday, 7/21, and Friday, 7/22, at 7:30P, Saturday, 7/23 2:00P and 7:30P. Silas Deane Middle School Auditorium. Presented by Wethersfield Teen Theater. Contact Parks & Recreation for tickets.

POLICE NATIONAL NIGHT OUT

Tuesday, 8/2, 6:00P, Mill Woods Park. The Wethersfield Police Department hosts a fun-filled night of family activities.

ANNUAL DOG SWIM

Saturday, 8/20, 10:00A-3:00P,
Mill Woods Pond. \$5.00 for licensed, friendly dogs and \$1.00 per person. Pet food will also be accepted in lieu of \$1.00 admission fee. Rain date: 8/21.



Early Childhood

THE LEARNING CIRCLE – THRILLING THREES

A state-licensed preschool for children who are age 3 as of 12/31/16. Directed by Sandra Davis. Designed to foster individual growth in all areas of development with emphasis on social, emotional, physical and cognitive abilities. Promotes school readiness skills in a creative and resourceful atmosphere. Includes learning centers, table time, science and nature activities, arts and crafts, circle time, gym time, outdoor fun and more. Max. 36 (taught in 2 groups). Pitkin Community Center TLC Classroom. *Register Now!*

| Date | Day | Time | Res/NonRes | Code |
|---|-------|-------------|---------------|-----------|
| 9/6-5/25 | Tu,Th | 9:00-11:30A | \$1400/\$1450 | 210128-01 |
| <i>Due at registration: \$350/\$370</i> | | | | |

THE LEARNING CIRCLE – FEARLESS FOURS

A state-licensed preschool for children who are age 4 as of 12/31/16. Directed by Sandra Davis. Designed to foster individual growth in all areas of development with emphasis on social, emotional, physical and cognitive abilities. Promotes school readiness skills in a creative and resourceful atmosphere. Includes learning centers, table time, science and nature activities, arts and crafts, circle time, gym time, outdoor fun and more. Max. 40 (taught in 2 groups). Pitkin Community Center TLC Classroom. *Register Now!*

| Date | Day | Time | Res/NonRes | Code |
|---|----------|-------------|---------------|-----------|
| 9/6-5/25 | M,T,W,TH | 12:00-2:30P | \$1850/\$1875 | 210148-01 |
| <i>Due at registration: \$470/\$480</i> | | | | |

Lunch Bunch: Fearless Fours also are invited to bring lunch and eat with friends and staff. Social skills, self-reliance and manners are stressed. *No nut items or peanut butter allowed.*

| Date | Day | Time | Res/NonRes | Code |
|-----------|----------|---------------|------------|------|
| 9/11-5/18 | M,T,W,TH | 11:30A-12:00P | \$2 daily | NA |

OUTDOOR EXPLORATIONS

Ages 2-3. Parent/caregiver and child participate in hands-on outdoor activities to engage their curiosity about the natural world and develop social skills. See Eleanor Buck Wolf Nature Center on page 7 for more information.



Camps

PLAYGROUND PROGRAM

Ages 7-11. Based out of Hanmer School gym, this program will primarily use Standish Park for games, activities, sports and special events. It will include arts and crafts and occasional in-town field trips. In case of inclement weather, the program will move inside to the Hanmer gym. Min/Max: 20/40. Hanmer School. No program 7/4.

| Date | Day | Time | Res/NonRes | Code |
|-----------|-----|-------------|-------------|-----------|
| 6/20-7/29 | M-F | 9:00A-3:00P | \$210/\$260 | 103090-01 |

CREATIVE PRESCHOOL

Ages 3-4. Through the use of play, children will develop their social and creative talents. Activities include: games, music and movement, storytelling, free play, arts and crafts, dramatic play, sport activities and swim lessons. Parents are asked to provide a lunch and drink. All children must be toilet trained. Please note on registration form if your child would be more comfortable grouped with a friend. Every effort will be made to accommodate requests. Min/Max: 18/60. Pitkin Community Center.

| Date | Day | Time | Res/NonRes | Code |
|----------------------|-------|-------------|-------------|-----------|
| 6/21-7/28 | Tu,Th | 9:00A-1:00P | \$240/\$270 | 103060-01 |
| 7 th week | | | | |
| 8/1-8/5 | M,W,F | 9:00A-1:00P | \$55/\$65 | 103061-01 |

CAMP STUFF-TO-DO

Ages 5-7. Activities include games, music and movement, fitness and sport activities, free play, drama, arts and crafts and swim lessons. Parents are asked to provide a lunch and drink. Please refer to swim skills page in order to find the appropriate level for your child's lesson. Please note on registration form if your child would be more comfortable grouped with a friend. Every effort will be made to accommodate requests. Min/Max: 20/90. Pitkin Community Center. No class 7/4.

| Date | Day | Time | Res/NonRes | Code |
|----------------------|-------|-------------|-------------|-----------|
| 6/20-7/29 | M,W,F | 9:00A-1:00P | \$320/\$360 | 103020-01 |
| 7 th week | | | | |
| 8/1-8/5 | M,W,F | 9:00A-1:00P | \$55/\$65 | 103021-01 |

DANCE & DRAMA FOR THE YOUNG

Ages 5-7. Directed by Misty Wisniewski. Activities include classes in tap, jazz/funk, acrobatics, baton, drama and arts and crafts. Occasional special activities may include field days, special theme days and pizza parties. (Optional pizza will have a small additional fee). Children must provide their own tap shoes and baton. The final performance for family and guests will be held at the Silas Deane Middle School auditorium at 5pm on Tuesday, July 26. Min/Max: 30/60. Silas Deane Middle School.

| Date | Day | Time | Res/NonRes | Code |
|-----------|-------|--------------|-------------|-----------|
| 6/21-7/26 | Tu,Th | 8:30A-12:30P | \$180/\$195 | 102020-01 |

DANCE & DRAMA

Ages 8-14. Directed by Misty Wisniewski. Classes are taught by professional and experienced instructors and are structured and taught to all levels. Classes will be offered in dance basics, tap, hip hop/funk, baton, acrobatics, drama and "Productions" featuring work on large production numbers for the stage. Arts and crafts are available daily as an optional activity. Special events may include theme days, field days and pizza parties. (Optional pizza will have a small additional fee.) Students must provide their own tap shoes and batons. The final performances for family and guests will be held at the Silas Deane Middle School auditorium at 7pm on the following days: Dance Performance: Tuesday, July 26 Drama Performance: Thursday, July 28 Min/Max: 45/80. Silas Deane Middle School. No class 7/4.

| Date | Day | Time | Res/NonRes | Code |
|-----------|-----|--------------|-------------|-----------|
| 6/20-7/28 | M-F | 8:30A-12:30P | \$295/\$340 | 102001-01 |

CHEERLEADING CAMP

Ages 5-14. Directed by WHS Dance Team Coach, Misty Wisniewski and taught by current cheerleaders. Children will have fun while working on fitness and cheer basics as well as tumbling, learning cheers and chants, jumps, cheer dance, pom motions, simple stunts and how to motivate a crowd. Min/Max: 10/40. Silas Deane Middle School gymnasium and cafeteria.

| Date | Day | Time | Res/NonRes | Code |
|--------------------------|-------|-------------|-------------|-----------|
| Juniors Ages 5-8 | | | | |
| 6/21-7/21 | Tu,Th | 12:45-2:45P | \$125/\$135 | 108100-01 |
| Seniors Ages 9-14 | | | | |
| 6/21-7/21 | Tu,Th | 12:45-2:45P | \$125/\$135 | 108101-01 |



CAMP WANNA DO

Ages 7-10. This structured outdoor day camp is packed with sports, arts and crafts, group games, swimming, free play and weekly special events and field trips. Morning swim lessons are conducted at Willard Pool at the appropriate level. Early drop-off and late pick-up can be added for an additional fee. Min/Max: 1/40. Pitkin Community Center. No class 7/4.

| Date | Day | Time | Res/NonRes | Code |
|--|-----|-------------|-------------|-----------|
| Session 1 (Putter's Paradise, Launch) | | | | |
| 6/20-7/1 | M-F | 8:00-8:30A | \$20/\$25 | 103040-01 |
| 6/20-7/1 | M-F | 8:30A-3:30P | \$275/\$300 | 103040-02 |
| 6/20-7/1 | M-F | 3:30-4:00P | \$20/\$25 | 103040-03 |
| Session 2 (Movies, Nomad's Adventure Quest, Clay Pen) | | | | |
| 7/5-7/15 | T-F | 8:00-8:30A | \$18/\$23 | 103041-01 |
| 7/5-7/15 | T-F | 8:30A-3:30P | \$250/\$290 | 103041-02 |
| 7/5-7/15 | T-F | 3:30-4:00P | \$18/\$23 | 103041-03 |
| Session 3 (Yard Goats Game, Lake Compounce) | | | | |
| 7/18-7/29 | M-F | 8:00-8:30A | \$20/\$25 | 103042-01 |
| 7/18-7/29 | M-F | 8:30A-3:30P | \$275/\$320 | 103042-02 |
| 7/18-7/29 | M-F | 3:30-4:00P | \$20/\$25 | 103042-03 |
| Session 4 (Launch Trampoline Park) | | | | |
| 8/1-8/5 | M-F | 8:00-8:30A | \$10/\$13 | 103043-01 |
| 8/1-8/5 | M-F | 8:30A-3:30P | \$140/\$165 | 103043-02 |
| 8/1-8/5 | M-F | 3:30-4:00P | \$10/\$13 | 103043-03 |

AWESOME ADVENTURES

Ages 11-13. This camp gives youth the opportunity to try a variety of challenging activities that stimulate the senses. Each session will include games, sports, field trips and swimming. Early drop-off and late pick-up can be added for an additional fee. Min/Max: 15/40. Webb School. No class 7/4.

| Date | Day | Time | Res/NonRes | Code |
|--|-----|-------------|-------------|-----------|
| Session 1 (Putter's Paradise, Six Flags) | | | | |
| 6/20-7/1 | M-F | 8:00-8:30A | \$20/\$25 | 103001-01 |
| 6/20-7/1 | M-F | 8:30A-3:30P | \$310/\$340 | 103001-02 |
| 6/20-7/1 | M-F | 3:30-4:00P | \$20/\$25 | 103001-03 |
| Session 2 (Whitewater Rafting, Movies, Laser Tag) | | | | |
| 7/5-7/15 | T-F | 8:00-8:30A | \$18/\$23 | 103002-01 |
| 7/5-7/15 | T-F | 8:30A-3:30P | \$280/\$310 | 103002-02 |
| 7/5-7/15 | T-F | 3:30-4:00P | \$18/\$23 | 103002-03 |
| Session 3 (Launch, Bowling, Lake Compounce,) | | | | |
| 7/18-7/29 | M-F | 8:00-8:30A | \$20/\$25 | 103003-01 |
| 7/18-7/29 | M-F | 8:30A-3:30P | \$310/\$340 | 103003-02 |
| 7/18-7/29 | M-F | 3:30-4:00P | \$20/\$25 | 103003-03 |
| Session 4 (Putter's Paradise, Brownstone Park) | | | | |
| 8/1-8/5 | M-F | 8:00-8:30A | \$10/\$13 | 103004-01 |
| 8/1-8/5 | M-F | 8:30A-3:30P | \$155/\$170 | 103004-02 |
| 8/1-8/5 | M-F | 3:30-4:00P | \$10/\$13 | 103004-03 |



TEEN EXPLORERS

Ages 12-15. This camp has daily field trip activities to fun and exciting local attractions. Try some new adventures and have fun with friends. A celebration and awards day to round out the week with games, contests and fun will be held each Friday. See below for tentative weekly trip itinerary. Min/Max: 15/25. Webb School.

| Date | Day | Time | Res/NonRes | Code |
|---|-----|-------------|-------------|-----------|
| Session 1: Go Carts, Mini Golf, Launch, Laser Tag, Six Flags | | | | |
| 6/27-7/1 | M-F | 9:00A-3:30P | \$210/\$235 | 103100-01 |
| Session 2: Lake Compounce, Whitewater Rafting, Movies | | | | |
| 7/5-7/8 | T-F | 9:00A-3:30P | \$190/\$210 | 103101-01 |
| Session 3: Brownstone Park, Hiking, Six Flags | | | | |
| 7/11-7/15 | M-F | 9:00A-3:30P | \$210/\$235 | 103102-01 |
| Session 4: Brownstone, Laser Tag, Six Flags Amusement Park, Soarin' Indoors | | | | |
| 7/18-7/22 | M-F | 9:00A-3:30P | \$210/\$235 | 103103-01 |
| Session 5: Nomad's Adventure Quest, Brownstone Park, Collinsville Kayaking, Lake Compounce | | | | |
| 7/25-7/29 | M-F | 9:00A-3:30P | \$210/\$235 | 103104-01 |

ENGINEERING CAMP

Ages 5-10. Use LEGO to create, play and learn. Build a town, city or star base with houses, buildings, pyramids, bridges, tunnels, towers and more. Build motorized cars, trains, buses, and trucks; race and repair them. Explore the many possibilities of LEGO building systems while learning useful construction techniques. Min/Max: 10/24.

Wethersfield Police Department Community Room.

| Date | Day | Time | Res/NonRes | Code |
|------------------|-----|--------------|-------------|-----------|
| Ages 5-6 | | | | |
| 7/25-7/29 | M-F | 9:00A-12:00P | \$140/\$175 | 103085-01 |
| 8/1-8/5 | M-F | 9:00A-12:00P | \$140/\$175 | 103085-03 |
| Ages 7-10 | | | | |
| 7/25-7/29 | M-F | 1:00-4:00P | \$140/\$175 | 103085-02 |
| 8/1-8/5 | M-F | 1:00-4:00P | \$140/\$175 | 103085-04 |

NATURE CAMP, ECO CAMP, E² ENGINEERING EXPLORERS AND BRIXOLOGY

Grades PK-6. See Eleanor Buck Wolf Nature Center pages 7-9.

YOUTH SPORTS CAMPS

See Sports for Youth beginning on page 13.

Wethersfield Camp Fund

Administered through the Social and Youth Services Department, the Wethersfield Camp Fund has been in existence for 38 years, providing assistance for approximately 100 resident children and disabled adults to attend camp programs every year.

Donations to maintain the fund are 100% tax deductible and can be made through the Social and Youth Services Department. Every dollar donated goes directly to camp scholarships. Wethersfield residents may apply and must demonstrate a financial need.

Eleanor Buck Wolf Nature Center

VISITING INFORMATION

Open Tuesday - Saturday 10:00A-5:00P. Features hands-on exhibits, live animals, picnic areas and walking trails in Mill Woods Park. Suggested donation \$3. Free for Friends members.

Also provides parties, rentals, volunteer opportunities, field trips and other programs. Stay in touch at www.ebwnaturecenter.gov.

FRIENDS OF THE NATURE CENTER

An independent, member-supported, non-profit promoting ecology education



through programs, events and scholarships with the Nature Center. Meets monthly on the third Tuesday 7:00-9:00P. Members visit free, receive program discounts, register early, etc. For more info visit friendsofebwnaturecenter.gov. *To join or renew when registering for programs, use the Friends of the Eleanor Buck Wolf Supplemental Form on page 23.*

HOST YOUR NEXT BIRTHDAY PARTY AT THE NATURE CENTER

A birthday party at the Eleanor Buck Wolf Nature Center is a great way to encourage interest in nature while enjoying the conveniences of a party outside your home. Staff will assist with set-up and clean-up, greet guests, and lead hands-on activities with the animals. Parties are 2 hours and flexible scheduling offered. Fee is \$150 for Friends of the Nature Center and \$175 for non-members. For more information please contact the Nature Center.



OUTREACH PROGRAMS

If you cannot come to the Nature Center, we can come to you. Program gives students or adults the opportunity to visit the animals that live at the Nature Center as well as experience nature through activities provided by our staff. A variety of programs (including live animals) can be presented at your school or organization.



BOOK YOUR SCOUT GROUP

Boy Scout and Girl Scout troops may schedule programs after school or on weekends that are seasonally and age appropriate (insects, flowers, forestry, etc). Programs are subject to availability. They run 1-1.5 hours in length. For more information please contact the Nature Center.

SCHOOL FIELD TRIPS

Consider the Nature Center for your next field trip. Programs can be designed to align with the current state science standards. From living vs non-living, to adaptations to plants, the Nature Center can provide hands-on learning experiences.



Special Events

CONNECTICUT TRAILS DAY

Celebrate the outdoors with hiking, riding, walking, paddling and more. Events locally and statewide Saturday, 6/4 & Sunday, 6/5. Equipment not provided. For a complete schedule visit ctwoodlands.org/CT-TrailsDayWeekend2016 or contact the Nature Center for details.



ELEANOR BUCK WOLF DAY

Saturday, 6/11, Nature Center. Join staff and the Friends of the Eleanor Buck Wolf Nature Center to celebrate the legacy of Wethersfield resident Eleanor Buck Wolf for whom the Nature Center is named. Inside and outside activities will bring to life her love for nature and passion for education. Contact the Nature Center for details.

Volunteering

Volunteers are an essential part of the Nature Center's daily operations. Summer camps, special event programs and daily animal care would not be possible without the dedication and commitment of volunteers. If interested in becoming a volunteer, the first step is to register for a volunteer orientation training. If unable to attend one of the orientation dates, please stop by the Nature Center to pick-up a volunteer handbook.



VOLUNTEER ORIENTATION

Ages 13+. Students, adults and interns may volunteer as a greeter, gardener, animal caretaker, educator, special events assistant, etc. Orientation introduces the seasonal programs and events, on-going and short-term volunteer opportunities and basic safety training. Min/Max: 1/15. Nature Center

| Date | Day | Time | Friends/Others | Code |
|------|-----|------------|----------------|-----------|
| 5/19 | Th | 5:30-6:30P | Free | 106140-01 |
| 5/26 | Th | 5:30-6:30P | Free | 106140-02 |

Early Childhood Nature Programs

OUTDOOR NATURE SCHOOL

Ages 2-3. Parent/caregiver and child participate in hands-on outdoor activities to engage their curiosity about the natural world and develop social skills. Circle time, games, animal and plant observations and guided exploration of Mill Woods Park. Held entirely outdoors, except in heavy rain.

Min/Max: 4/10. Nature Center.

| Date | Day | Time | Friends/Others | Code |
|-----------|-----|--------------|----------------|-----------|
| 6/28-8/16 | Tu | 10:00-11:30A | \$65/\$75 | 106083-01 |
| 6/29-8/17 | W | 10:00-11:30A | \$65/\$75 | 106083-02 |
| 6/30-8/18 | Th | 10:00-11:30A | \$65/\$75 | 106083-03 |

Other camps sponsored by EBW Nature Center

E² – ENGINEERING EXPLORERS

Grades K-5 (in spring). Whether your child loves to build things or dismantle them, this week of camp includes lots of both. The junior Mad Science engineers will design and build bridges and “skyscrapers” using simple tools and their imaginations. Construct a geodesic dome big enough for all the campers to sit inside. Discover how many different machines, simple and complex, are used in our daily lives. Design simple machines using pulleys, wedges, screws and levels. Work as a group to brainstorm, design, test, evaluate and redesign problem-solving contraptions. Presented in cooperation with Mad Science. Min/Max: 12/21.

Pitkin Community Center.

| Date | Day | Time | Friends/Others | Code |
|----------|-----|--------------|----------------|-----------|
| 8/8-8/12 | M-F | 9:00A-12:00P | \$150/\$165 | 106100-01 |

BRIXOLOGY

Grades 1-5 (in spring). Brixology Camp sets the foundation for our next generation of makers. Children learn about different types of engineering and team up to construct a different engineering-themed project using LEGO® bricks. Learn about aerospace engineering while assembling a space station. Explore mechanical engineering by building boats and vehicles. From carnival rides to drawing machines, mechanical animals to truss bridges, your future engineer will build upon their creativity to solve real-world design challenges, while developing their problem-solving and team-building skills. Let the tinkering begin. Presented in cooperation with Mad Science. Min/Max: 12/21.

Pitkin Community Center.

| Date | Day | Time | Friends/Others | Code |
|-----------|-----|--------------|----------------|-----------|
| 8/15-8/19 | M-F | 9:00A-12:00P | \$150/\$165 | 106101-01 |

Summer Camp Programs

COUNSELOR TRAINING

Ages 13-15. Spend a week or the entire summer developing leadership skills and gaining experience by helping students during lessons. Lead by example in recreation activities and serve as a role model. Requires permission of the director. Must have attended a Volunteer

Orientation (see page 6 for dates).

Min/Max: 1/8. Nature Center.



| Date | Day | Time | Friends/Others | Code |
|-----------|-----|-------------|----------------|-----------|
| 6/20-6/24 | M-F | 8:30A-4:30P | \$25/\$30 | 106351-01 |
| 6/27-7/1 | M-F | 8:30A-4:30P | \$25/\$30 | 106352-01 |
| 7/5-7/8 | T-F | 8:30A-4:30P | \$20/\$25 | 106353-01 |
| 7/11-7/15 | M-F | 8:30A-4:30P | \$25/\$30 | 106354-01 |
| 7/18-7/22 | M-F | 8:30A-4:30P | \$25/\$30 | 106355-01 |
| 7/25-7/29 | M-F | 8:30A-4:30P | \$25/\$30 | 106356-01 |
| 8/1-8/5 | M-F | 8:30A-4:30P | \$25/\$30 | 106357-01 |
| 8/8-8/12 | M-F | 8:30A-4:30P | \$25/\$30 | 106358-01 |
| 8/15-8/19 | M-F | 8:30A-4:30P | \$25/\$30 | 106359-01 |

NATURE AND ECO CAMPS

The Eleanor Buck Wolf Nature Center will be offering nine weeks of summer vacation camp beginning on Monday, June 20 through Friday, August 19. Nature Camp is designed for 4 year old Pre K-Grade 2 in spring and Eco Camp is designed for Grade 3–6 in spring. Mornings consist of lessons and activities that reflect the week’s theme.

Swimming, recreational games and outdoor exploration take place in the afternoon. Swim lesson levels 1-6 offered to all day campers on a first-come, first-served basis during selected two week clinics (must be registered for both weeks of camp in order to be eligible). During the last week of camp, swim lessons will not be offered. Mill Woods Pond will be open through the end of camp.

Financial Assistance is available upon request.

Early and Late options provide time for additional activity centers. **Half-Day** option 8:30A-12:45P at an \$80 discount (calculated at \$16 per day on short weeks) only via paper registration. Each class led by an educator and assistant counselor (1:10 ratio) supported by volunteers, lifeguards and staff certified in first aid. Min/Max: 10/20.

An **OPEN HOUSE** for new campers and parents will be hosted at the Nature Center on Thursday, June 9, 2016 from 4:30 pm – 6:30 pm. Please RSVP to the Nature Center at 860-721-2980 or nature.center@wethersfieldct.gov

NATURE CAMP

4 Year Old Pre K-Grade 2 (in spring). Using Paul Showers' *Let's-Read-and-Find-Out Science Books®* this summer we will take a closer look at how our bodies allow us to make the most of each camp day and what is needed to protect them so that we can have the best summer yet.

6/20 The Skeleton Inside You. Did you know Hughie has more bones than we as humans do? Study how our bones give our body structure, let us move and protect our organs.

Add next week for 2-week swim lessons.

| Date | Day | Time | Friends/Others | Code |
|--|-----|-------------|----------------|-----------|
| 4 Year Old PK-Grade K (in spring) | | | | |
| 6/20-6/24 | M-F | 8:30A-4:30P | \$195/\$210 | 106261-02 |
| Grades 1-2 (in spring) | | | | |
| 6/20-6/24 | M-F | 8:30A-4:30P | \$195/\$210 | 106261-03 |
| Extended Hours | | | | |
| 6/20-6/24 | M-F | 7:30-8:30A | \$30/\$35 | 106261-01 |
| 6/20-6/24 | M-F | 4:30-5:30P | \$30/\$35 | 106261-04 |

6/27 Hear Your Heart. When we are swimming at Mill Woods our hearts are beating much faster than when we are listening to a story. Learn about how our hearts are always beating. Add previous week for 2-week swim lessons.

| Date | Day | Time | Friends/Others | Code |
|--|-----|-------------|----------------|-----------|
| 4 Year Old PK-Grade K (in spring) | | | | |
| 6/27-7/1 | M-F | 8:30A-4:30P | \$195/\$210 | 106262-02 |
| Grades 1-2 (in spring) | | | | |
| 6/27-7/1 | M-F | 8:30A-4:30P | \$195/\$210 | 106262-03 |
| Extended Hours | | | | |
| 6/27-7/1 | M-F | 7:30-8:30A | \$30/\$35 | 106262-01 |
| 6/27-7/1 | M-F | 4:30-5:30P | \$30/\$35 | 106262-04 |

7/5 Look at Your Eyes. Whether our eyes are brown, green or blue we use them to look for our color group and to spy on our critters. Discover how our eyes allow us to observe our surroundings. Add next week for 2-week swim lessons.

| Date | Day | Time | Friends/Others | Code |
|--|-----|-------------|----------------|-----------|
| 4 Year Old PK-Grade K (in spring) | | | | |
| 7/5-7/8 | T-F | 8:30A-4:30P | \$156/\$168 | 106263-02 |
| Grades 1-2 (in spring) | | | | |
| 7/5-7/8 | T-F | 8:30A-4:30P | \$156/\$168 | 106263-03 |
| Extended Hours | | | | |
| 7/5-7/8 | T-F | 7:30-8:30A | \$25/\$30 | 106263-01 |
| 7/5-7/8 | T-F | 4:30-5:30P | \$25/\$30 | 106263-04 |

7/11 Ears are for Hearing. Counselors teaching. Kids laughing. Merlin squawking. Listen to lessons about how our ears allow us to hear the sounds we associate with summer camp. Add previous week for 2-week swim lessons.

| Date | Day | Time | Friends/Others | Code |
|--|-----|-------------|----------------|-----------|
| 4 Year Old PK-Grade K (in spring) | | | | |
| 7/11-7/15 | M-F | 8:30A-4:30P | \$195/\$210 | 106264-02 |
| Grades 1-2 (in spring) | | | | |
| 7/11-7/15 | M-F | 8:30A-4:30P | \$195/\$210 | 106264-03 |
| Extended Hours | | | | |
| 7/11-7/15 | M-F | 7:30-8:30A | \$30/\$35 | 106264-01 |
| 7/11-7/15 | M-F | 4:30-5:30P | \$30/\$35 | 106264-04 |

7/18 What Happens to a Hamburger? While we may not be consuming hamburgers we definitely do our fair share of eating. Absorb how the food we eat fuels us throughout the day. Add next week for 2-week swim lessons.

| Date | Day | Time | Friends/Others | Code |
|--|-----|-------------|----------------|-----------|
| 4 Year Old PK-Grade K (in spring) | | | | |
| 7/18-7/22 | M-F | 8:30A-4:30P | \$195/\$210 | 106265-02 |
| Grades 1-2 (in spring) | | | | |
| 7/18-7/22 | M-F | 8:30A-4:30P | \$195/\$210 | 106265-03 |
| Extended Hours | | | | |
| 7/18-7/22 | M-F | 7:30-8:30A | \$30/\$35 | 106265-01 |
| 7/18-7/22 | M-F | 4:30-5:30P | \$30/\$35 | 106265-04 |

7/25 A Drop of Blood. Blood flows through our body, from the top of our head to the tips of our fingers and toes. Study what it does and why we need it. Add previous week for 2-week swim lessons.

| Date | Day | Time | Friends/Others | Code |
|--|-----|-------------|----------------|-----------|
| 4 Year Old PK-Grade K (in spring) | | | | |
| 7/25-7/29 | M-F | 8:30A-4:30P | \$195/\$210 | 106266-02 |
| Grades 1-2 (in spring) | | | | |
| 7/25-7/29 | M-F | 8:30A-4:30P | \$195/\$210 | 106266-03 |
| Extended Hours | | | | |
| 7/25-7/29 | M-F | 7:30-8:30A | \$30/\$35 | 106266-01 |
| 7/25-7/29 | M-F | 4:30-5:30P | \$30/\$35 | 106266-04 |

8/1 Your Skin and Mine. From the top of our head to the soles of our feet, we are all wrapped up in skin. Absorb how the sunscreen we apply protects this vital organ. Add next week for 2-week swim lessons.

| Date | Day | Time | Friends/Others | Code |
|--|-----|-------------|----------------|-----------|
| 4 Year Old PK-Grade K (in spring) | | | | |
| 8/1-8/5 | M-F | 8:30A-4:30P | \$195/\$210 | 106267-02 |
| Grades 1-2 (in spring) | | | | |
| 8/1-8/5 | M-F | 8:30A-4:30P | \$195/\$210 | 106267-03 |
| Extended Hours | | | | |
| 8/1-8/5 | M-F | 7:30-8:30A | \$30/\$35 | 106267-01 |
| 8/1-8/5 | M-F | 4:30-5:30P | \$30/\$35 | 106267-04 |

8/8 How You Talk. From campers to animals we all have our own way of talking. Study how our vocal cords allow us to speak. Add previous week for 2-week swim lessons.

| Date | Day | Time | Friends/Others | Code |
|--|-----|-------------|----------------|-----------|
| 4 Year Old PK-Grade K (in spring) | | | | |
| 8/8-8/12 | M-F | 8:30A-4:30P | \$195/\$210 | 106268-02 |
| Grades 1-2 (in spring) | | | | |
| 8/8-8/12 | M-F | 8:30A-4:30P | \$195/\$210 | 106268-03 |
| Extended Hours | | | | |
| 8/8-8/12 | M-F | 7:30-8:30A | \$30/\$35 | 106268-01 |
| 8/8-8/12 | M-F | 4:30-5:30P | \$30/\$35 | 106268-04 |

8/15 Germs Make Me Sick. Get your hands on how germs are all around us. Make sure you do not catch a bad germ. No swim lessons available (only rec swim available).

| Date | Day | Time | Friends/Others | Code |
|--|-----|-------------|----------------|-----------|
| 4 Year Old PK-Grade K (in spring) | | | | |
| 8/15-8/19 | M-F | 8:30A-4:30P | \$195/\$210 | 106269-02 |
| Grades 1-2 (in spring) | | | | |
| 8/15-8/19 | M-F | 8:30A-4:30P | \$195/\$210 | 106269-03 |
| Extended Hours | | | | |
| 8/15-8/19 | M-F | 7:30-8:30A | \$30/\$35 | 106269-01 |
| 8/15-8/19 | M-F | 4:30-5:30P | \$30/\$35 | 106269-04 |

ECO CAMP

Grades 3-6 (in spring). Have fun exploring a variety of science majors. Each Wednesday take an offsite field trip that ties in with the week's theme. Field trips will depart at 9 am and return at 1 pm.

6/20 Botany. Did you know that the world's tiniest tree is only 2 inches? Grab your field pack and guide and explore the world of botany. Add next week for 2-week swim lessons.

| Date | Day | Time | Friends/Others | Code |
|-------------------------------|-----|-------------|----------------|-----------|
| Grades 3-4 (in spring) | | | | |
| 6/20-6/24 | M-F | 8:30A-4:30P | \$195/\$210 | 106281-02 |
| Grades 5-6 (in spring) | | | | |
| 6/20-6/24 | M-F | 8:30A-4:30P | \$195/\$200 | 106281-03 |
| Extended Hours | | | | |
| 6/20-6/24 | M-F | 7:30-8:30A | \$30/\$35 | 106281-01 |
| 6/20-6/24 | M-F | 4:30-5:30P | \$30/\$35 | 106281-04 |

6/27 Chemistry. We all know that when you combine 2 parts H with 1 part O you get H₂O but did you know that lightning strikes produce O₃? Mix up some elements and learn the art of chemistry. Add previous week for 2-week swim lessons.

| Date | Day | Time | Friends/Others | Code |
|-------------------------------|-----|-------------|----------------|-----------|
| Grades 3-4 (in spring) | | | | |
| 6/27-7/1 | M-F | 8:30A-4:30P | \$195/\$210 | 106282-02 |
| Grades 5-6 (in spring) | | | | |
| 6/27-7/1 | M-F | 8:30A-4:30P | \$195/\$210 | 106282-03 |
| Extended Hours | | | | |
| 6/27-7/1 | M-F | 7:30-8:30A | \$30/\$35 | 106282-01 |
| 6/27-7/1 | M-F | 4:30-5:30P | \$30/\$35 | 106282-04 |

7/5 Physics. Did you know that due to differences in gravity a 200 lb person would weigh only 75 lbs on Mars? Try to defy the laws of physics. Add next week for 2-week swim lessons.

| Date | Day | Time | Friends/Others | Code |
|-------------------------------|-----|-------------|----------------|-----------|
| Grades 3-4 (in spring) | | | | |
| 7/5-7/8 | T-F | 8:30A-4:30P | \$156/\$168 | 106283-02 |
| Grades 5-6 (in spring) | | | | |
| 7/5-7/8 | T-F | 8:30A-4:30P | \$156/\$168 | 106283-03 |
| Extended Hours | | | | |
| 7/5-7/8 | T-F | 7:30-8:30A | \$20/\$25 | 106283-01 |
| 7/5-7/8 | T-F | 4:30-5:30P | \$20/\$25 | 106283-04 |

7/11 Geology. Did you know that CT's state mineral is the garnet and the state fossil is *Eubrontes giganteus*? Come and unearth more "rocky" facts about CT's geology. Add previous week for 2-week swim lessons.

| Date | Day | Time | Friends/Others | Code |
|-------------------------------|-----|-------------|----------------|-----------|
| Grades 3-4 (in spring) | | | | |
| 7/11-7/15 | M-F | 8:30A-4:30P | \$185/\$200 | 106284-02 |
| Grades 5-6 (in spring) | | | | |
| 7/11-7/15 | M-F | 8:30A-4:30P | \$185/\$200 | 106284-03 |
| Extended Hours | | | | |
| 7/11-7/15 | M-F | 7:30-8:30A | \$20/\$25 | 106284-01 |
| 7/11-7/15 | M-F | 4:30-5:30P | \$20/\$25 | 106284-04 |

7/18 Astronomy. While we are all familiar with the Big and Little Dippers could you pick out Hercules or Delphinus? Bring light to the celestial objects that illuminate the night sky. Add next week for 2-week swim lessons.

| Date | Day | Time | Friends/Others | Code |
|-------------------------------|-----|-------------|----------------|-----------|
| Grades 3-4 (in spring) | | | | |
| 7/18-7/22 | M-F | 8:30A-4:30P | \$195/\$210 | 106285-02 |
| Grades 5-6 (in spring) | | | | |
| 7/18-7/22 | M-F | 8:30A-4:30P | \$195/\$210 | 106285-03 |
| Extended Hours | | | | |
| 7/18-7/22 | M-F | 7:30-8:30A | \$30/\$35 | 106285-01 |
| 7/18-7/22 | M-F | 4:30-5:30P | \$30/\$35 | 106285-04 |

7/25 Geography. Did you know that the state of CT is approximately 4,845 square miles and Mt. Frissell is the highest point in CT? Discover more facts about CT's unique geography. Add previous week for 2-week swim lessons.

| Date | Day | Time | Friends/Others | Code |
|-------------------------------|-----|-------------|----------------|-----------|
| Grades 3-4 (in spring) | | | | |
| 7/25-7/29 | M-F | 8:30A-4:30P | \$195/\$210 | 106286-02 |
| Grades 5-6 (in spring) | | | | |
| 7/25-7/29 | M-F | 8:30A-4:30P | \$195/\$210 | 106286-03 |
| Extended Hours | | | | |
| 7/25-7/29 | M-F | 7:30-8:30A | \$30/\$35 | 106286-01 |
| 7/25-7/29 | M-F | 4:30-5:30P | \$30/\$35 | 106286-04 |

8/1 Meteorology. Meteorologists often use a chaos theory to help interpret weather uncertainties. Learn to accurately predict the daily camp forecast. Add next week for 2-week swim lessons.

| Date | Day | Time | Friends/Others | Code |
|-------------------------------|-----|-------------|----------------|-----------|
| Grades 3-4 (in spring) | | | | |
| 8/1-8/5 | M-F | 8:30A-4:30P | \$195/\$210 | 106287-02 |
| Grades 5-6 (in spring) | | | | |
| 8/1-8/5 | M-F | 8:30A-4:30P | \$195/\$210 | 106287-03 |
| Extended Hours | | | | |
| 8/1-8/5 | M-F | 7:30-8:30A | \$30/\$35 | 106287-01 |
| 8/1-8/5 | M-F | 4:30-5:30P | \$30/\$35 | 106287-04 |

8/8 Archaeology. Everyone knows Indiana Jones, but do you know what archaeologists do besides dig in the ground? Excavate the past to understand the present. Add previous week for 2-week swim lessons.

| Date | Day | Time | Friends/Others | Code |
|-------------------------------|-----|-------------|----------------|-----------|
| Grades 3-4 (in spring) | | | | |
| 8/8-8/12 | M-F | 8:30A-4:30P | \$195/\$210 | 106288-02 |
| Grades 5-6 (in spring) | | | | |
| 8/8-8/12 | M-F | 8:30A-4:30P | \$195/\$210 | 106288-03 |
| Extended Hours | | | | |
| 8/8-8/12 | M-F | 7:30-8:30A | \$30/\$35 | 106288-01 |
| 8/8-8/12 | M-F | 4:30-5:30P | \$30/\$35 | 106288-04 |

8/15 Human Biology. Did you know that the human brain operates on the same amount of power as a 10 watt light bulb? Acquire more "fun facts" about the human body. No swim lessons available (only rec swim available).

| Date | Day | Time | Friends/Others | Code |
|-------------------------------|-----|-------------|----------------|-----------|
| Grades 3-4 (in spring) | | | | |
| 8/15-8/19 | M-F | 8:30A-4:30P | \$195/\$210 | 106289-02 |
| Grades 5-6 (in spring) | | | | |
| 8/15-8/19 | M-F | 8:30A-4:30P | \$195/\$210 | 106289-03 |
| Extended Hours | | | | |
| 8/15-8/19 | M-F | 7:30-8:30A | \$30/\$35 | 106289-01 |
| 8/15-8/19 | M-F | 4:30-5:30P | \$30/\$35 | 106289-04 |

Arts Programs

SUMMER CHAMBER MUSIC

Grades 4-8. Recommended for students with 2 to 4 years of experience playing an instrument. One-week band ensemble program. The program will focus on teaching chamber ensemble techniques with a fun variety of repertoire. Ensemble will perform a concert for friends and family at the end of the program. Program placement depends on grade level or teacher recommendation. Required recommendation form is available at <http://tinyurl.com/summermusic15>. Min/Max: 15/50.



| Date | Day | Time | Res/NonRes | Code |
|--|-----|-------------|-------------|-----------|
| <i>Location to be determined - instructor will notify students</i> | | | | |
| 7/18-7/22 | M-F | 9:00-11:00A | \$120/\$130 | 102181-01 |
| 8/1-8/5 | M-F | 9:00-11:00A | \$120/\$130 | 102181-02 |

TEEN THEATER COMPANY

Open to anyone ages 11-22 years old. The program provides an opportunity to learn about theater by taking responsibility for the business and creative aspects of running the theater company and producing a summer musical. Contact Parks & Recreation for more information.

WETHERSFIELD TEEN THEATER PRESENTS

Once Upon a Mattress

Music by **MARY RODGERS** Lyrics by **MARSHALL BARER**

Book by **JAY THOMPSON, DEAN FULLER and MARSHALL BARER**

Showtimes: Thursday 7/21 at 7:30pm
Friday 7/22 at 7:30pm
Saturday 7/23 at 2pm and 7:30pm

Silas Deane Middle School Auditorium

Tickets: \$10 – Adults
\$5 – Seniors and students

www.wethersfieldteentheater.com

Fitness for Adults

CARDIO TENNIS

Ages 18+. Cardio tennis is a fun way to get a cardio/fitness workout utilizing tennis. Enjoy a workout with music, as the instructor guides you through drills, ladders and cones to keep you moving and your heart rate up. Open to all ability levels. Held at Webb School tennis courts. Min/Max: 6/8. Webb School. No Class 7/4.

| Date | Day | Time | Res/NonRes | Code |
|----------|-----|------------|------------|-----------|
| 6/20-8/1 | M | 7:20-8:20P | \$60/\$75 | 108348-01 |

9/11 Memorial Sports Center

Located in the Pitkin Community Center. Facility includes gym, fitness room, and meeting room with wireless internet access, laptop computers and SmartBoard. Developed in partnership with the Keane Foundation, this area also displays steel recovered from the ruins of the World Trade Center. The Keane Foundation and the Parks & Recreation Department offer many programs in this facility. The gym is available for rental through the Pitkin Community Center.

ABOUT THE KEANE FOUNDATION

Friends and family of Dick Keane established The Richard M. Keane Foundation to honor his memory and to perpetuate his commitment to enriching the lives of the youth in Wethersfield. The purpose of the Foundation is to provide a safe and fun environment in which the community of Wethersfield can come together to participate in athletic, academic and social programs with the support and guidance of caring adults. Find out more about “Keane on Kids” programs and opportunities at www.keanefoundation.org.

FITNESS ROOM PASS

Ages 12+. Open Monday-Friday 8:00A-3:00P and Monday-Thursday 5:00-9:00P. Min/Max: 1/60. Pitkin Community Center. Closed 7/4.

| Date | Day | Time | Res/NonRes | Code |
|-----------|-----|-------------|------------|-----------|
| 6/20-8/12 | M-F | 8:00A-9:00P | \$20/\$25 | 105030-01 |

FITNESS 101

Ages 12+. By appointment only. Call 860-721-2950. Includes instruction on how to use the fitness machines, finding your target heart rate and proper stretching. Obtain a fitness room pass and use the equipment during open hours. Min/Max: 4/35. Pitkin Community Center. Closed 7/4.

| Date | Day | Time | Res/NonRes | Code |
|-----------|-----|----------------|------------|-----------|
| 6/20-8/12 | M-F | by appointment | \$6/\$10 | 105031-01 |



TIPS - Tactical Information for Practical Self-Defense

Ages: 13+ “TIPS” will provide potentially lifesaving techniques from the most common assaults or threats. Numerous other “TIPS” will also be shared. Sensei Jaye Veley of the Karate Program has assembled and simplified the most effective techniques to protect you from unwelcome aggressions. Short, intense, interactive sessions will give you knowledge and confidence without long term commitments. Min/Max: 5/12. Silas Deane Middle School

| Date | Day | Time | Res/NonRes | Code |
|-----------|-----|------------|------------|-----------|
| 6/22-7/13 | W | 7:30-9:00P | \$65/\$80 | 108252-01 |

Fitness for Adults

ACTIVE BODY WITH JO

Ages 16+. A high-energy, non-traditional class for all fitness levels. Focus on strength and toning using weights, body bars and resistance bands. Incorporates bursts of cardio into movements intended to help tone all major muscles. Equipment provided. Min/Max: 14/40. Pitkin Community Center. No class 7/4 & 7/25.



| Date | Day | Time | Res/NonRes | Code |
|----------|-----|------------|------------|-----------|
| 6/20-8/3 | M,W | 8:45-9:30A | \$30/\$38 | 105004-01 |

TOTAL BODY WITH JO

Strength training class targeting major muscle groups using various equipment and body weight. Total Body incorporates bursts of cardio into movements intended to help tone all major muscles. Min/Max: 14/30. Pitkin Community Center. No class 7/4 & 7/25.

| Date | Day | Time | Res/NonRes | Code |
|----------|-----|------------|------------|-----------|
| 6/20-8/3 | M,W | 5:30-6:15P | \$30/\$38 | 105020-04 |

INTERVAL TRAINING WITH DEB

Ages 16+. High Intensity. Focus on endurance training, strength training and all-over body toning. Min/Max: 12/25. Pitkin Community Center.

| Date | Day | Time | Res/NonRes | Code |
|-----------|-------|------------|------------|-----------|
| 6/21-7/28 | Tu,Th | 5:15-6:00A | \$30/\$38 | 105045-01 |
| 6/21-7/28 | Tu,Th | 6:15-7:00A | \$30/\$38 | 105045-02 |

ZUMBA® WITH NANCY

Aerobic workout with a latin-dance twist. Zumba fuses hypnotic latin and international rhythms and easy to follow moves to create a dynamic fitness program. Min/Max: 14/35. Pitkin Community Center. No class 7/4.

| Date | Day | Time | Res/NonRes | Code |
|----------|-------|-------------|------------|-----------|
| 6/21-8/4 | Tu,Th | 9:30-10:30A | \$35/\$43 | 105006-01 |
| 6/20-8/3 | M,W | 6:30-7:30P | \$33/\$41 | 105006-02 |

ZT30

Ages 16+. ZT 30 is half Zumba Toning® and half Zumba®, alternated throughout the one hour class. Zumba is a great aerobic workout with a latin-dance twist. Zumba fuses hypnotic latin and international rhythms and easy to follow moves to create a dynamic fitness program. Min/Max: 14/35. Pitkin Community Center.

| Date | Day | Time | Res/NonRes | Code |
|----------|-----|------------|------------|-----------|
| 6/23-8/4 | Th | 6:00-7:00P | \$25/\$30 | 105009-01 |

ZUMBA GOLD® WITH SHERYL FALLON

Ages 45+. An innovative, fun and exciting program designed for the active older adult, the true beginner or people who are either not used to exercising or people who may be limited physically. The main difference between Zumba Gold and Zumba Basic is that Zumba Gold is done at a lower intensity. The same great International and Latin styles of music and dance are used. Min/Max: 14/35. Pitkin Community Center.

| Date | Day | Time | Res/NonRes | Code |
|----------|-------|------------|------------|-----------|
| 6/21-8/4 | Tu,Th | 8:30-9:20A | \$35/\$43 | 105007-01 |
| 6/21-8/4 | Tu,Th | 5:00-5:50P | \$35/\$43 | 105007-02 |

PILATES MAT

Ages 16+. Pilates is designed to strengthen core muscles, including the abdominals and glutes, while lengthening and maintaining loose, limber limbs. It strengthens the body while keeping joints mobile and flexible. Feel your muscles working. The exercises provide variations to meet different body types making it an exercise option for everyone. Bring a mat, towel and water bottle to class. Instructor from Personal Euphoria Pilates Min/Max: 10/17.

Pitkin Community Center.

| Date | Day | Time | Res/NonRes | Code |
|----------|-----|------------|------------|-----------|
| 6/21-8/2 | Tu | 5:30-6:15P | \$50/\$60 | 105050-01 |
| 6/21-8/2 | Tu | 9:00-9:45A | \$50/\$60 | 105050-02 |
| 6/23-8/4 | Th | 9:00-9:45A | \$50/\$60 | 105050-03 |

FREE PILATES ON THE BROAD STREET GREEN

Ages 16+. Two free classes held 8:00-8:45A on Saturdays: 7/9 and 7/16 on the Broad Street Green in Old Wethersfield. Join our instructors from Personal Euphoria Pilates to discover the benefits of Pilates in this beautiful outdoor space. Bring mat, towel and a water bottle.



YOGA WITH LISA

Ages 16+. Learn the basics, increase strength, vitality and flexibility. Reduce stress and relax while toning your body and mind. Basic and intermediate levels based on participant's needs. Min/Max: 9/20. Pitkin Community Center. No class 7/4.

| Date | Day | Time | Res/NonRes | Code |
|----------|-----|------------|------------|-----------|
| 6/20-8/1 | M | 6:00-7:15P | \$40/\$50 | 105080-01 |

RIVER ROCK YOGA BASICS

Ages 16+. This is a great introduction to yoga. Perfect for those who are stressed, inflexible or have never done yoga before. Learn basic postures, breathing and meditation for stress relief. Min/Max: 1/6. No class 7/4.

River Rock Yoga Studio, Silas Deane Hwy, Wethersfield.

| Date | Day | Time | Res/NonRes | Code |
|----------|-----|------------|------------|-----------|
| 6/20-8/1 | M | 6:00-7:15P | \$50/\$65 | 105081-01 |

RIVER ROCK ALL LEVELS HATHA YOGA

Ages 16+. This class combines postures and breathing to encourage awareness, strength, flexibility and relaxation. Modifications are given to attain a stronger or gentler practice. Whether yoga is new or practiced daily, find respite from daily stress while feeling better in your body. Min/Max: 1/6. No class 7/2.

River Rock Yoga Studio, Silas Deane Hwy, Wethersfield.

| Date | Day | Time | Res/NonRes | Code |
|----------|-----|------------|------------|-----------|
| 6/25-8/6 | Sa | 8:30-9:45A | \$50/\$65 | 105081-02 |

Therapeutic Recreation

When registering for TR programs, please submit the TR Supplemental Form (page 23) with the Registration Form.

SUMMER ADVENTURES

Ages 3-11 with special needs. Campers will enjoy structured small and large group activities which include games, sports, painting and arts and crafts. Swimming at Willard Pool, weather permitting. Bring lunch, bathing suit and towel. Some field trips included. Optional field trips are an additional cost. Min/Max: 4/20. Pitkin Community Center. No class 7/4.

| Date | Day | Time | Res/NonRes | Code |
|----------|-----|--------------|-------------|-----------|
| 6/20-8/5 | M-F | 11:30A-3:30P | \$120/\$150 | 109190-01 |

TEEN SCENE

Ages 12 -21 with special needs. Teens have the opportunity to socialize with peers, take part in field trips, sports and special events, when appropriate. Swimming at Willard Pool, weather permitting. Bring lunch, bathing suit and towel. Field trips are an additional cost. Min/Max: 4/15. Pitkin Community Center Room S-2. No class 7/4.

| Date | Day | Time | Res/NonRes | Code |
|----------|-----|--------------|-------------|-----------|
| 6/20-8/5 | M-F | 11:30A-3:30P | \$120/\$150 | 109160-01 |

SPECIAL OLYMPICS GOLF

Ages 8+. Participants with intellectual disabilities and their peers. Practice will include instruction at the putting green, driving range and flat nine. Those who meet Special Olympics requirements may compete at the Fall Sports Classic on 9/11. Golf clubs available while supplies last. Min/Max: 4/16. Goodwin Golf Course, Hartford, CT. No class 7/4, 7/25, 8/15, 9/5. Last class will be held on **Tuesday, 9/6.**



| Date | Day | Time | Res/NonRes | Code |
|----------|-----|------------|------------|-----------|
| 6/13-9/6 | M | 5:30-7:30P | \$30/\$30 | 109148-01 |

TOTAL ATHLETE

Ages 16+. Become an official Unified Fitness Club member and get ready to reach your personal fitness goals. Train to be the best you can be. Program includes walking, running, cardio workouts, stretching, yoga and "bootcamp" fun. Min/Max: 4/10. Pitkin Community Center. No class 6/30.



| Date | Day | Time | Res/NonRes | Code |
|----------|-----|------------|------------|-----------|
| 6/16-8/4 | Th | 4:45-6:00P | \$40/\$40 | 109150-01 |

ADULT SOCIAL CLUB

Ages 21+. Adults participate in an ongoing schedule of activities and programs throughout the year which may include theaters, concerts, museums, dining, shopping, movies, holiday gatherings, game nights, bowling, etc. Registered adults will provide input during quarterly meetings. For additional information, please contact Natalie Morrison, Therapeutic Recreation Supervisor at 860-721-2952. A schedule will be mailed to all registered adults. Access the TR line for a list of upcoming trips by calling 860-721-2959. Min/Max: 1/25. Pitkin Community Center.

| Date | Day | Time | Res/NonRes | Code |
|----------|-----|--------------|------------|-----------|
| 7/1-6/30 | M-F | 8:00A-11:00P | \$20/\$20 | 109129-01 |

TR & WACPD ANNUAL PICNIC

July 25, 2016

5:00P-7:30P

William J. Pitkin Community Center, F-3

Come enjoy a summer cookout with friends and family. Enjoy Beatles era music in the Banquet Room after the BBQ.

Register by 6/30 by calling Natalie Morrison,
TR Supervisor
at 860-721-2952.



Sports for Adults

MEN'S SOFTBALL LEAGUE

Age 18+. Season runs late April through August. Players or teams contact Parks & Recreation in early spring.

TIPS - Tactical Information for Practical Self-Defense

See page 10 for details

CARDIO TENNIS

See page 10 for details

Sports for Youth

All Gymnastics classes are held at
Silas Deane Middle School

GYMNASTICS - PARENT & CHILD

Ages 2-4. Must be accompanied by a guardian. Focus on creative movement. Min/Max: 10/20.

| Date | Day | Time | Res/NonRes | Code |
|-----------|-----|------------|------------|-----------|
| 6/21-7/26 | Tu | 5:15-6:00P | \$60/\$75 | 108220-01 |

GYMNASTICS - 3 & 4 YEARS

Ages 3-4. For children who can interact with instructors without parent intervention. Focus on movement exploration exercises and basic gymnastic skills. Min/Max: 12/24.

| Date | Day | Time | Res/NonRes | Code |
|-----------|-----|------------|------------|-----------|
| 6/21-7/26 | Tu | 6:05-6:50P | \$60/\$75 | 108221-01 |

GYMNASTICS - GRADES K-2

Grades K-2. Includes beginner level skills on all apparatus. Gymnasts will be grouped by ability. Min/Max: 15/24.

| Date | Day | Time | Res/NonRes | Code |
|-----------|-----|------------|------------|-----------|
| 6/21-7/26 | Tu | 6:55-7:40P | \$65/\$80 | 108223-01 |

GYMNASTICS - GRADES 3-6

Grades 3-6. For beginners to master basic skills on all apparatus. Gymnasts will be grouped according to ability. Min/Max: 8/16.

| Date | Day | Time | Res/NonRes | Code |
|-----------|-----|------------|------------|-----------|
| 6/21-7/26 | Tu | 3:30-4:30P | \$70/\$90 | 108224-01 |

GYMNASTICS - INTERMEDIATE

Ages 10-16. Only by permission of the instructor. For those who have a thorough understanding of the basic skills and who require a longer, more intense practice. Limited space. Min/Max: 5/8.

| Date | Day | Time | Res/NonRes | Code |
|-----------|-----|------------|------------|-----------|
| 6/21-7/26 | Tu | 3:30-5:00P | \$80/\$100 | 108225-01 |

GYMNASTICS - ADVANCED/VARSITY

Ages 10-18. Only by permission of the instructor. For those who have mastered the intermediate skills. Min/Max: 6/10.

| Date | Day | Time | Res/NonRes | Code |
|-----------|-----|------------|------------|-----------|
| 6/23-7/28 | TH | 4:30-6:30P | \$95/\$120 | 108226-01 |

SANDLOT BASEBALL CAMP

Ages 7-13. Games, games and more games. Participants will learn various positions through playing multiple games each day. Coached by Wethersfield High School coaching staff. Min/Max: 15/25. Softball Field #3 at Mill Woods Park & rain days will be held at Baseball City in Hartford.

| Date | Day | Time | Res/NonRes | Code |
|-----------|------|-------------|-------------|-----------|
| 6/27-6/30 | M-Th | 9:00A-1:00P | \$125/\$160 | 108020-01 |



SOFTBALL CAMP

Ages 7-13. Wethersfield High School coaching staff will teach throwing, hitting, fielding and game situations. Bring a glove. Min/Max: 15/25. Webb School Athletic Field.

| Date | Day | Time | Res/NonRes | Code |
|-----------|-----|-------------|-------------|-----------|
| 7/11-7/15 | M-F | 8:30-11:30A | \$125/\$160 | 108320-01 |

FIELD HOCKEY CAMP

Learn fundamental skills and techniques from Wethersfield High School coaching staff. No experience necessary. Min/Max: 10/20. Webb School Athletic Field.

Ages 7-13.

| Date | Day | Time | Res/NonRes | Code |
|-----------|-----|--------------|-------------|-----------|
| 7/18-7/22 | M-F | 9:00A-12:00P | \$125/\$160 | 108140-01 |

Ages 14-18.

| | | | | |
|-----------|-----|--------------|-------------|-----------|
| 7/18-7/22 | M-F | 9:00A-12:00P | \$125/\$160 | 108140-02 |
|-----------|-----|--------------|-------------|-----------|

BASKETBALL CAMP

Ages 7-13. Learn fundamental skills and techniques from Wethersfield High School coaching staff. Min/Max: 15/25. Silas Deane Middle School.

| Date | Day | Time | Res/NonRes | Code |
|-----------|-----|--------------|-------------|-----------|
| 7/11-7/15 | M-F | 9:00A-12:00P | \$125/\$160 | 108180-02 |
| 8/1-8/5 | M-F | 9:00A-12:00P | \$125/\$160 | 108180-03 |

TENNIS LESSONS

Ages 4-12. Learn forehand, backhand, volley, serve and overhead. Min/Max: 10/15. Webb School Tennis Courts. No Class 7/4

| Date | Day | Time | Res/NonRes | Code |
|------------------|-----|------------|------------|-----------|
| Ages 4-5 | | | | |
| 6/20-7/11 | M,W | 5:30-6:15P | \$60/\$75 | 108340-01 |
| 7/18-8/3 | M,W | 5:30-6:15P | \$60/\$75 | 108340-02 |
| Ages 6-8 | | | | |
| 6/20-7/11 | M,W | 5:30-6:15P | \$60/\$75 | 108341-01 |
| 7/18-8/3 | M,W | 5:30-6:15P | \$60/\$75 | 108341-02 |
| Ages 9-12 | | | | |
| 6/20-7/11 | M,W | 6:20-7:20P | \$70/\$85 | 108342-01 |
| 7/18-8/3 | M,W | 6:20-7:20P | \$70/\$85 | 108342-02 |

3 ON 3 GRAND PRIX TEAM TENNIS

Age 8-18. This is an instructional league supported by the USTA. Divisions include U10, U14 and U18. Teams will consist of at least 3 players. Matches will have singles and doubles events. Practices will be held each Wednesday evening and matches will be against other Parks & Recreation teams on Saturdays 7/16, 7/23 & 7/30 from 9am to 1pm at Webb School Tennis Courts.

| Date | Day | Time | Res/NonRes | Code |
|-----------|-----|------------|------------|-----------|
| 6/22-7/27 | W | 7:20-8:20P | \$85/\$105 | 108344-01 |

SUBURBAN BASKETBALL LEAGUES

High school aged boys and girls regional basketball leagues. Season runs late June through mid-August. Held in Silas Deane Middle School Gymnasium.

FLAG RUGBY

Ages 6-11. Learn and play co-ed, non-contact Flag Rugby. Running, kicking, passing, space strategy, teamwork and self-confidence are developed. Thursdays 6:30-8:00P and Saturdays 9:30-11:00A. Montanaro Field at Mill Woods Park. Min/Max: 25/75. No class 7/2.

| Date | Day | Time | Res/NonRes | Code |
|-----------|-----|-------------|------------|-----------|
| 6/16-7/28 | Th | 6:30-8:00P | \$50/\$65 | 108400-01 |
| | Sa | 9:30-11:00A | | |



OLYMPIC SEVEN'S RUGBY

Ages 10-14. Learn and play the world's second most popular sport and the newest Summer Olympic event. Fitness, kicking, passing, catching and tackling are some of the skills that will be developed. Rugby is a legendary sport by itself and a phenomenal way to improve fitness and skills for other sports. As a member of the CT Youth Rugby League (two divisions: U-12 born after 9/1/2002 & U-14 born after 9-1-2000), matches will be played on some Saturdays, games are optional. Thursdays 6:30-8:00P and Saturdays 9:30-11:00A. Montanaro Field at Mill Woods Park. Min/Max: 25/75. No class 7/2.

| Date | Day | Time | Res/NonRes | Code |
|-----------|-----|-------------|------------|-----------|
| 6/16-7/28 | Th | 6:30-8:00P | \$75/\$95 | 108400-02 |
| | Sa | 9:30-11:00A | | |

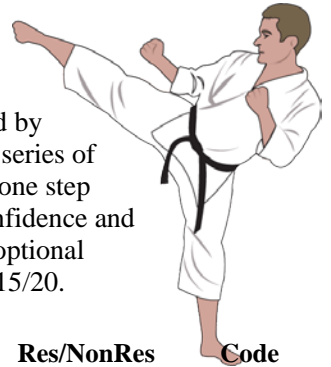
SKYHAWKS

Ages 3-12. This program helps develop skills in the sport of choice or a variety of sports. Tiny-Hawks promotes fun while learning soccer and basketball, helping eager minds explore two sports without the pressure to choose one. Our coaching staff is committed and trained to understand the special needs of young children. Webb School gym and grounds.

| Date | Day | Time | Res/NonRes | Code |
|-------------------------------------|------|--------------|-------------|-----------|
| <i>Tiny-Hawk Ages 3-4</i> | | | | |
| 6/27-6/30 | M-TH | 5:30-6:30P | \$55/\$70 | 108300-01 |
| <i>Mini-Hawks Ages 4-7</i> | | | | |
| 6/27-6/30 | M-TH | 5:30-7:30P | \$85/\$100 | 108301-01 |
| 7/11-7/15 | M-F | 9:00A-12:00P | \$115/\$145 | 108301-02 |
| <i>Multi-Sport Ages 7-10</i> | | | | |
| 7/11-7/15 | M-F | 9:00A-12:00P | \$115/\$145 | 108302-01 |
| <i>Basketball Ages 5-7</i> | | | | |
| 7/25-7/29 | M-F | 9:00A-12:00P | \$115/\$145 | 108307-01 |
| <i>Tennis Ages 7-12</i> | | | | |
| 6/27-7/1 | M-F | 9:00A-12:00P | \$115/\$145 | 108305-02 |
| <i>Lacrosse Ages 7-12</i> | | | | |
| 8/1-8/5 | M-F | 9:00A-12:00P | \$115/\$145 | 108308-01 |

KARATE

Ages 7-16. This "Progressive" program advances from white to black belt. The style is traditional Okinawan Shoring-Ryu, instructed by Sensei Jaye Veley. Learn Kata (a series of techniques in sequence), Kumite (one step sparring), self-defense, control, confidence and respect. Protective head gear and optional uniform not included. Min/Max: 15/20. Silas Deane Middle School.



| Date | Day | Time | Res/NonRes | Code |
|-----------|-----|------------|------------|-----------|
| 6/22-8/10 | W | 6:30-7:30P | \$80/\$99 | 108240-03 |

WEIGHTLIFTING

Entering grades 9-12.

This strength building program is for high school age athletes. Min/Max: 20/50. Charles Wright School Cafeteria.

Boys:

| Date | Day | Time | Res/NonRes | Code |
|----------|--------|------------|------------|-----------|
| 6/20-8/4 | M,W,Th | 3:00-5:00P | \$60/\$75 | 108380-01 |

Girls:

| Date | Day | Time | Res/NonRes | Code |
|-----------|-----|------------|------------|-----------|
| 6/21-7/29 | T&F | 4:00-6:00P | \$40/\$50 | 108380-02 |

YOUTH SPORTS LEAGUES

Eagles Football & Cheerleading Flag Football ages 6-12. Tackle Football and Cheerleading ages 7-14. Register in spring for fall. www.wethersfieldyouthfootball.org

Wethersfield GDR Soccer Club (Independent) Year round soccer for ages 6-18 (K-12). www.wethersfieldsoccer.com

Wethersfield Little League (Independent) Baseball and softball for ages 6 to 18. Register in January for spring. www.wethersfieldlittleleague.org

Wethersfield Youth & Travel Basketball (Independent) Recreational grades 3-8 and travel teams for grades 5-8. Register and tryout in September for winter.

Wethersfield Wrestling Club ((Independent) Wrestling for boys and girls grades 1-8. Register in October for winter. <http://www.leaguelineup.com/welcome.asp?url=wethersfieldwrestling>

Central CT Youth Hockey Association (Independent) Learn to skate and play hockey for ages 3 and up. Contact Garrett Plona at gplona@cox.net or www.centralcthockey.org

Aquatics

MILL WOODS POND & WILLARD POOL

For a description of hours of operation and admission, please see Facilities on page 2.

CHILDREN'S SWIM LESSONS

All classes utilize the American Red Cross programs. Swim lessons are for residents only. Please see the detailed descriptions of lessons and prerequisites below. Age is determined at the start of the course. Lessons will be cancelled for thunder or lightning. No class on Fridays.

Fee: \$20 per session. Season pool pass required (see page 2).

Registration is online, by mail-in form or at Parks & Recreation (note Summer Office Hours on page 21).

Held in two-week sessions:

Session 1 is 6/20-6/30 Register by: Friday, 6/17 1 pm

Session 2 is 7/5-7/14 Register by: Friday, 7/1 1 pm

Session 3 is 7/18-7/28 Register by: Friday, 7/15 1 pm

Session 4 is 8/1-8/11 Register by: Friday, 7/29 1 pm

SWIM LESSONS PARENT/CHILD

Ages 18 months-3 years. For children not yet ready to be in lessons without a parent. Familiarizes young children with the water and prepares them to learn to swim.

Some skills include: Enter & exit the water in a safe manner.

Feel comfortable in the water. Explore submerging to the mouth, nose, & eyes. Explore buoyancy on the front and back position.

Explore submerging in a rhythmic pattern. Glide on front & back with assistance. Combine stroke on front & back with assistance.

| Date | Day | Time | Res/NonRes | Code |
|------------------------|------|--------------|------------|-----------|
| Mill Woods Pond | | | | |
| 6/20-6/30 | M-Th | 10:00-10:40A | \$20/NA | 101040-13 |
| 6/20-6/30 | M-Th | 2:30-3:10P | \$20/NA | 101040-01 |
| 6/20-6/30 | M-Th | 5:00-5:40P | \$20/NA | 101040-02 |
| 7/5-7/14 | M-Th | 10:00-10:40A | \$20/NA | 101040-14 |
| 7/5-7/14 | M-Th | 2:30-3:10P | \$20/NA | 101040-04 |
| 7/5-7/14 | M-Th | 5:00-5:40P | \$20/NA | 101040-05 |
| 7/18-7/28 | M-Th | 10:00-10:40A | \$20/NA | 101040-15 |
| 7/18-7/28 | M-Th | 2:30-3:10P | \$20/NA | 101040-07 |
| 7/18-7/28 | M-Th | 5:00-5:40P | \$20/NA | 101040-08 |
| 8/1-8/11 | M-Th | 10:00-10:40A | \$20/NA | 101040-16 |
| 8/1-8/11 | M-Th | 2:30-3:10P | \$20/NA | 101040-10 |
| 8/1-8/11 | M-Th | 5:00-5:40P | \$20/NA | 101040-11 |

Willard Pool

| | | | | |
|-----------|------|---------------|---------|-----------|
| 6/20-6/30 | M-Th | 11:25A-12:05P | \$20/NA | 101040-03 |
| 7/5-7/14 | M-Th | 11:25A-12:05P | \$20/NA | 101040-06 |
| 7/18-7/28 | M-Th | 11:25A-12:05P | \$20/NA | 101040-09 |
| 8/1-8/11 | M-Th | 11:25A-12:05P | \$20/NA | 101040-12 |

Pool Pass is required to
take swim lessons

SWIM LESSONS PRE-SCHOOL

Prerequisite: Ages 4-5 or age 3 and completed Parent/Child. Orients preschool-age children to the aquatic environment and helps them acquire rudimentary levels of basic aquatic skills.

Skills: Enter and exit the water with ladder, steps or side with assistance. Fully submerge head 3 times. Travel in the water at least 5 yards with assistance. Open eyes under water. Front & back floats for 5 seconds assisted. Front & back glides for 2 body lengths assisted. Explore treading water in chest deep water. Combined arm and leg action on front & back for 3 body lengths with assistance. Enter the water by jumping.

| Date | Day | Time | Res/NonRes | Code |
|------------------------|------|---------------|------------|-----------|
| Mill Woods Pond | | | | |
| 6/20-6/30 | M-Th | 11:30A-12:10P | \$20/NA | 101041-01 |
| 6/20-6/30 | M-Th | 3:15-3:55P | \$20/NA | 101041-03 |
| 6/20-6/30 | M-Th | 5:45-6:25P | \$20/NA | 101041-04 |
| 7/5-7/14 | M-Th | 11:30A-12:10P | \$20/NA | 101041-07 |
| 7/5-7/14 | M-Th | 3:15-3:55P | \$20/NA | 101041-09 |
| 7/5-7/14 | M-Th | 5:45-6:25P | \$20/NA | 101041-10 |
| 7/18-7/28 | M-Th | 11:30A-12:10P | \$20/NA | 101041-13 |
| 7/18-7/28 | M-Th | 3:15-3:55P | \$20/NA | 101041-15 |
| 7/18-7/28 | M-Th | 5:45-6:25P | \$20/NA | 101041-16 |
| 8/1-8/11 | M-Th | 11:30A-12:10P | \$20/NA | 101041-19 |
| 8/1-8/11 | M-Th | 3:15-3:55P | \$20/NA | 101041-21 |
| 8/1-8/11 | M-Th | 5:45-6:25P | \$20/NA | 101041-22 |

Willard Pool

| | | | | |
|-----------|------|--------------|---------|-----------|
| 6/20-6/30 | M-Th | 10:40-11:20A | \$20/NA | 101041-05 |
| 7/5-7/14 | M-Th | 10:40-11:20A | \$20/NA | 101041-11 |
| 7/18-7/28 | M-Th | 10:40-11:20A | \$20/NA | 101041-17 |
| 8/1-8/11 | M-Th | 10:40-11:20A | \$20/NA | 101041-23 |

SWIM LESSONS LEVEL 1

Ages 5-13. Prerequisite: Ages 5+ or age 4 with pre-school. Begins developing positive attitudes, good swimming habits and safe practices in and around the water.

Skills: Enter and exit water independently. Blows bubbles through mouth and nose. Bobbing. Opens eyes under water to pick up object. Floats on front & back with minimal support. Front & back glides 2 body lengths with minimal support. Recover to vertical position from front floating position. Rolls from front to back and back to front. Treads water in chest deep water. Alternating and simultaneous arm and leg action on the front & back. Combined arm and leg actions on front & back.

| Date | Day | Time | Res/NonRes | Code |
|------------------------|------|--------------|------------|-----------|
| Mill Woods Pond | | | | |
| 6/20-6/30 | M-Th | 10:45-11:25A | \$20/NA | 101042-01 |
| 6/20-6/30 | M-Th | 2:30-3:10P | \$20/NA | 101042-02 |
| 6/20-6/30 | M-Th | 6:30-7:10P | \$20/NA | 101042-04 |
| 7/5-7/14 | M-Th | 10:45-11:25A | \$20/NA | 101042-06 |
| 7/5-7/14 | M-Th | 2:30-3:10P | \$20/NA | 101042-07 |
| 7/5-7/14 | M-Th | 6:30-7:10P | \$20/NA | 101042-09 |
| 7/18-7/28 | M-Th | 10:45-11:25A | \$20/NA | 101042-11 |
| 7/18-7/28 | M-Th | 2:30-3:10P | \$20/NA | 101042-12 |
| 7/18-7/28 | M-Th | 6:30-7:10P | \$20/NA | 101042-14 |
| 8/1-8/11 | M-Th | 10:45-11:25A | \$20/NA | 101042-16 |
| 8/1-8/11 | M-Th | 2:30-3:10P | \$20/NA | 101042-17 |
| 8/1-8/11 | M-Th | 6:30-7:10P | \$15/NA | 101042-19 |

(SWIM LESSONS LEVEL 1 continued)**Willard Pool**

| | | | | |
|-----------|------|--------------|---------|-----------|
| 6/20-6/30 | M-Th | 10:40-11:20A | \$20/NA | 101042-05 |
| 7/5-7/14 | M-Th | 10:40-11:20A | \$20/NA | 101042-10 |
| 7/18-7/28 | M-Th | 10:40-11:20A | \$20/NA | 101042-15 |
| 8/1-8/11 | M-Th | 10:40-11:20A | \$20/NA | 101042-20 |

SWIM LESSONS LEVEL 2

Ages 5-13. Prerequisite: Successful completion of level 1.

Gives participants success with fundamental skills.

Skills: Fully submerges head for 5 seconds. Bobbing. Opens eyes to pick up submerged objects. Front, jellyfish and tuck floats. Recovers to vertical position. Front and back glides unsupported. Rolls from front to back and back to front while swimming. Combine arm and leg actions on front and back independently for 5 body lengths. Treads water using arm and leg actions. Jumps into chest deep water independently.

| Date | Day | Time | Res/NonRes | Code |
|------------------------|------|--------------|------------|-----------|
| Mill Woods Pond | | | | |
| 6/20-6/30 | M-Th | 10:00-10:40A | \$20/NA | 101043-01 |
| 6/20-6/30 | M-Th | 3:15-3:55P | \$20/NA | 101043-03 |
| 6/20-6/30 | M-Th | 5:00-5:40P | \$20/NA | 101043-04 |
| 7/5-7/14 | M-Th | 10:00-10:40A | \$20/NA | 101043-06 |
| 7/5-7/14 | M-Th | 3:15-3:55P | \$20/NA | 101043-08 |
| 7/5-7/14 | M-Th | 5:00-5:40P | \$20/NA | 101043-09 |
| 7/18-7/28 | M-Th | 10:00-10:40A | \$20/NA | 101043-11 |
| 7/18-7/28 | M-Th | 3:15-3:55P | \$20/NA | 101043-13 |
| 7/18-7/28 | M-Th | 5:00-5:40P | \$20/NA | 101043-14 |
| 8/1-8/11 | M-Th | 10:00-10:40A | \$20/NA | 101043-16 |
| 8/1-8/11 | M-Th | 3:15-3:55P | \$20/NA | 101043-18 |
| 8/1-8/11 | M-Th | 5:00-5:40P | \$20/NA | 101043-19 |

Willard Pool

| | | | | |
|-----------|------|---------------|---------|-----------|
| 6/20-6/30 | M-Th | 11:25A-12:05P | \$20/NA | 101043-05 |
| 7/5-7/14 | M-Th | 11:25A-12:05P | \$20/NA | 101043-10 |
| 7/18-7/28 | M-Th | 11:25A-12:05P | \$20/NA | 101043-15 |
| 8/1-8/11 | M-Th | 11:25A-12:05P | \$20/NA | 101043-20 |

SWIM LESSONS LEVEL 3

Ages 5-13. Prerequisite: Successful completion of level 2.

Builds on skills by providing additional guided practice in deeper water.

Skills: Jumps into deep water independently. Head first entry from the side (sitting or kneeling). Bobbing while moving to safety. Uses rotary breathing in horizontal position. Back float for 30 seconds. Change from vertical to horizontal position on front and back. Tread water for 30 seconds. Flutter kicks & dolphin kicks on front in streamline position (3-5 body lengths). Scissor kick on side. Breaststroke kick on front. Front crawl for 15 yards. Elementary backstroke for 15 yards.

| Date | Day | Time | Res/NonRes | Code |
|------------------------|------|--------------|------------|-----------|
| Mill Woods Pond | | | | |
| 6/20-6/30 | M-Th | 10:45-11:25A | \$20/NA | 101044-01 |
| 6/20-6/30 | M-Th | 1:45-2:25P | \$20/NA | 101044-03 |
| 6/20-6/30 | M-Th | 5:45-6:25P | \$20/NA | 101044-04 |
| 7/5-7/14 | M-Th | 10:45-11:25A | \$20/NA | 101044-06 |
| 7/5-7/14 | M-Th | 1:45-2:25P | \$20/NA | 101044-08 |
| 7/5-7/14 | M-Th | 5:45-6:25P | \$20/NA | 101044-09 |

(SWIM LESSONS LEVEL 3 continued)**Mill Woods Pond**

| | | | | |
|-----------|------|--------------|---------|-----------|
| 7/18-7/28 | M-Th | 10:45-11:25A | \$20/NA | 101044-11 |
| 7/18-7/28 | M-Th | 1:45-2:25P | \$20/NA | 101044-13 |
| 7/18-7/28 | M-Th | 5:45-6:25P | \$20/NA | 101044-14 |
| 8/1-8/11 | M-Th | 10:45-11:25A | \$20/NA | 101044-16 |
| 8/1-8/11 | M-Th | 1:45-2:25P | \$20/NA | 101044-18 |
| 8/1-8/11 | M-Th | 5:45-6:25P | \$20/NA | 101044-19 |

Willard Pool

| | | | | |
|-----------|------|--------------|---------|-----------|
| 6/20-6/30 | M-Th | 10:40-11:20A | \$20/NA | 101044-05 |
| 7/5-7/14 | M-Th | 10:40-11:20A | \$20/NA | 101044-10 |
| 7/18-7/28 | M-Th | 10:40-11:20A | \$20/NA | 101044-15 |
| 8/1-8/11 | M-Th | 10:40-11:20A | \$20/NA | 101044-20 |

SWIM LESSONS LEVEL 4

Ages 6-13. Prerequisite: Successful completion of level 3.

Develops confidence in the strokes and improve other aquatic skills.

Skills: Head first entry from the side in a compact or stride position. Swim underwater 3-5 body lengths. Survival swimming. Open turns on front and back. Treads water using 2 different kicks. Front crawl and elementary backstroke 25 yards. Back crawl, breaststroke, sidestroke and butterfly for 15 yards. Flutter and dolphin kicks on back in streamline position for 3-5 body lengths.

| Date | Day | Time | Res/NonRes | Code |
|------------------------|------|--------------|------------|-----------|
| Mill Woods Pond | | | | |
| 6/20-6/30 | M-Th | 10:00-10:40A | \$20/NA | 101045-01 |
| 6/20-6/30 | M-Th | 1:45-2:25P | \$20/NA | 101045-02 |
| 6/20-6/30 | M-Th | 6:30-7:10P | \$20/NA | 101045-03 |
| 7/5-7/14 | M-Th | 10:00-10:40A | \$20/NA | 101045-05 |
| 7/5-7/14 | M-Th | 1:45-2:25P | \$20/NA | 101045-06 |
| 7/5-7/14 | M-Th | 6:30-7:10P | \$20/NA | 101045-07 |
| 7/18-7/28 | M-Th | 10:00-10:40A | \$20/NA | 101045-09 |
| 7/18-7/28 | M-Th | 1:45-2:25P | \$20/NA | 101045-10 |
| 7/18-7/28 | M-Th | 6:30-7:10P | \$20/NA | 101045-11 |
| 8/1-8/11 | M-Th | 10:00-10:40A | \$20/NA | 101045-13 |
| 8/1-8/11 | M-Th | 1:45-2:25P | \$20/NA | 101045-14 |
| 8/1-8/11 | M-Th | 6:30-7:10P | \$20/NA | 101045-15 |

Willard Pool

| | | | | |
|-----------|------|---------------|---------|-----------|
| 6/20-6/30 | M-Th | 11:25A-12:05P | \$20/NA | 101045-04 |
| 7/5-7/14 | M-Th | 11:25A-12:05P | \$20/NA | 101045-08 |
| 7/18-7/28 | M-Th | 11:25A-12:05P | \$20/NA | 101045-12 |
| 8/1-8/11 | M-Th | 11:25A-12:05P | \$20/NA | 101045-16 |



SWIM LESSONS LEVEL 5

Ages 6-13. Prerequisite: Successful completion of level 4.

Designed to further learn how to coordinate and refine strokes.

Skills: Shallow angle dive with glide to begin strokes. Tuck and pike surface dives. Front and back flip turns. Front crawl & elementary backstroke 50 yards. Back crawl, breaststroke, sidestroke and butterfly for 25 yards. Sculling.

| Date | Day | Time | Res/NonRes | Code |
|------------------------|------|--------------|------------|-----------|
| Mill Woods Pond | | | | |
| 6/20-6/30 | M-Th | 10:45-11:25A | \$20/NA | 101046-01 |
| 6/20-6/30 | M-Th | 1:45-2:25P | \$20/NA | 101046-02 |
| 6/20-6/30 | M-Th | 5:00-5:40P | \$20/NA | 101046-03 |
| 7/5-7/14 | M-Th | 10:45-11:25A | \$20/NA | 101046-05 |
| 7/5-7/14 | M-Th | 1:45-2:25P | \$20/NA | 101046-06 |
| 7/5-7/14 | M-Th | 5:00-5:40P | \$20/NA | 101046-07 |
| 7/18-7/28 | M-Th | 10:45-11:25A | \$20/NA | 101046-09 |
| 7/18-7/28 | M-Th | 1:45-2:25P | \$20/NA | 101046-10 |
| 7/18-7/28 | M-Th | 5:00-5:40P | \$20/NA | 101046-11 |
| 8/1-8/11 | M-Th | 10:45-11:25A | \$20/NA | 101046-13 |
| 8/1-8/11 | M-Th | 1:45-2:25P | \$20/NA | 101046-14 |
| 8/1-8/11 | M-Th | 5:00-5:40P | \$20/NA | 101046-15 |

Willard Pool

| | | | | |
|-----------|------|---------------|---------|-----------|
| 6/20-6/30 | M-Th | 11:25A-12:05P | \$20/NA | 101046-04 |
| 7/5-7/14 | M-Th | 11:25A-12:05P | \$20/NA | 101046-08 |
| 7/18-7/28 | M-Th | 11:25A-12:05P | \$20/NA | 101046-12 |
| 8/1-8/11 | M-Th | 11:25A-12:05P | \$20/NA | 101046-16 |

SWIM LESSONS LEVEL 6

Ages 6-13. Prerequisite: Successful completion of level 5.

Designed with "menu" options that focus on stroke refinement and additional aquatic skills: Fundamentals of Diving (FD), Fitness Swimmer (FS) and Personal Water Safety (PWS). All levels include a 500 swim using any 3 strokes of their choice (at least 50 yards of each stroke) and each one will present additional course specific skills. Classes can be taken in any order.

Personal Water Safety - Mill Woods Pond

| Date | Day | Time | Res/NonRes | Code |
|-----------|------|---------------|------------|-----------|
| 6/20-6/30 | M-Th | 11:30A-12:10P | \$20/NA | 101047-01 |
| 6/20-6/30 | M-Th | 3:15-3:55P | \$20/NA | 101047-02 |
| 6/20-6/30 | M-Th | 6:30-7:10P | \$20/NA | 101047-03 |
| 7/18-7/28 | M-Th | 11:30A-12:10P | \$20/NA | 101047-04 |
| 7/18-7/28 | M-Th | 3:15-3:55P | \$20/NA | 101047-05 |
| 7/18-7/28 | M-Th | 6:30-7:10P | \$20/NA | 101047-06 |

Fitness Swimmer - Mill Woods Pond

| Date | Day | Time | Res/NonRes | Code |
|----------|------|---------------|------------|-----------|
| 7/5-7/14 | M-Th | 11:30A-12:10P | \$20/NA | 101049-01 |
| 7/5-7/14 | M-Th | 3:15-3:55P | \$20/NA | 101049-02 |
| 7/5-7/14 | M-Th | 6:30-7:10P | \$20/NA | 101049-03 |
| 8/1-8/11 | M-Th | 11:30A-12:10P | \$20/NA | 101049-04 |
| 8/1-8/11 | M-Th | 3:15-3:55P | \$20/NA | 101049-05 |
| 8/1-8/11 | M-Th | 6:30-7:10P | \$20/NA | 101049-06 |

Fundamentals of Diving - Willard Pool

| | | | | |
|-----------|------|--------------|---------|-----------|
| 6/20-6/30 | M-F | 10:40-11:20A | \$20/NA | 101050-01 |
| 7/5-7/14 | M-Th | 10:40-11:20A | \$20/NA | 101050-02 |
| 7/18-7/28 | M-Th | 10:40-11:20A | \$20/NA | 101050-03 |
| 8/1-8/11 | M-Th | 10:40-11:20A | \$20/NA | 101050-04 |

BARRACUDAS SWIM TEAM

Coed, competitive, recreational swim team. Beginner practice session for those age 12 and under. Must be able to swim 2 laps unassisted. Advanced practice session for those age 11+. Must be able to swim 4 laps unassisted. Min/Max: 15/25. Willard Pool. No class 7/4.

| Date | Day | Time | Res/NonRes | Code |
|-------------------|-----|------------|------------|-----------|
| Ages 5-10 | | | | |
| 6/20-7/29 | M-F | 8:00-8:45A | \$95/NA | 101002-01 |
| Ages 11-18 | | | | |
| 6/20-7/29 | M-F | 7:00-8:00A | \$95/NA | 101002-02 |

LIFEGUARD TRAINING

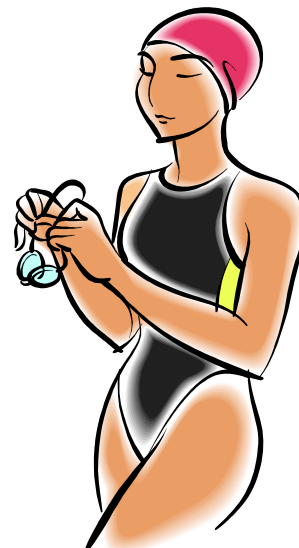
Ages 15+. American Red Cross certification program. Prerequisites: Swim 500 yards with a combination of crawl and breast strokes, surface dive 10 ft. to retrieve a 10 lb. brick. Min/Max: 5/10. Course will be held at Pitkin Community Center, Willard Pool and Mill Woods Pond (first class held at Willard Pool).

| Date | Day | Time | Res/NonRes | Code |
|----------|------|--------------|-------------|-----------|
| 7/5-7/28 | M-Th | 9:30A-12:00P | \$300/\$375 | 101052-01 |

ADULT SWIM LESSONS

Ages 16+. Beginner course for those who wish to overcome the fear of the water or improve their beginner level swim skills. Season pool pass is required. Min/Max: 2/5. Classes will be held at Mill Woods Pond.

| Date | Day | Time | Res/NonRes | Code |
|----------|-----|------------|------------|-----------|
| 6/21-8/9 | Tu | 5:45-6:30P | \$20/NA | 101051-01 |



Wethersfield Senior Center

The Wethersfield Senior Center operates within the Pitkin Community Center serving seniors 55+. The Center offers social, educational, entertainment, health and wellness programs. Annual memberships are \$5 for Wethersfield residents and \$7 for non-residents. Program information can be found below, in the monthly newsletter, on-line at wethersfieldct.gov on the Social Service page and in the Rare Reminder on the last Thursday of each month. For more information contact Senior Center Coordinator, Lisa Galipo at 860-721-2979.

AARP SMART DRIVING COURSE

Refresh your driving skills and qualify for at least a 5% reduction in your car insurance premiums. Contact Lisa to register.

| Date | Day | Time | Fee |
|------|-----|--------------|--------------|
| 6/13 | Mon | 8:30A-12:30P | \$15 or \$20 |

BELLY DANCE

For students who studied under our instructor. Practice routines during the summer months. Belly Dance is an artful and graceful dance native to the Middle East. It is a low impact, weight bearing exercise that is fun and helps firm and tone muscles.

| Day | Time | Fee |
|-----------|-------------|------|
| Thursdays | 12:45-1:45P | Free |

BINGO

Weekly bingo in the Banquet Room. Arrive 10:30-11:45am to purchase cards. Fee includes admission, snack and one bingo card. Extra cards are 25 cents.

| Day | Time | Fee |
|-----------|--------|--------|
| Every Wed | 12:30P | \$1.50 |

CHORAL GROUP

Sing with other seniors in the choral group, the Rhythmairs. The group practices and performs for many community groups upon request.

| Day | Time | Fee |
|-----------------------------------|------------|------|
| 2 nd & 4th Thurs/month | 1:30-2:30P | Free |

DUPLICATE BRIDGE

Join the group playing most weeks in the Community Café. Partners are needed. Knowledge of the game is necessary. For more information and dates of play contact Everett Costa at 860-563-0400.

| Day | Time | Fee |
|----------------|-------|------|
| Most Thursdays | 1:15P | Free |

ENTERTAINMENT EVENTS

Live musical entertainment held monthly. Coffee and snacks served. Admission-\$2 for SC members; \$4 non-members. No pre-registration required.

| Date | Day/Time | Performer |
|------|----------|--|
| 4/4 | Mon/1P | The Willie & Jan Band |
| 5/2 | Mon/1P | Joseph Reed, Singer/Songwriter |
| 6/6 | Mon/1P | Lanzieri & Dave/Rat Pack Standards |
| 8/1 | Mon/1P | Ice Cream Social & Carnival Show with Jose Paulo |

GOLF LEAGUE

The golf league plays in the summer and fall at Goodwin Park, Hartford. For more information contact Jim McNamara at 860-563-4586.

INFORMAL CARD & BOARD GAME GROUP

This group plays informal card games. Bring your friends and start your own card or board game.

| Day | Time | Fee |
|----------|-------|------|
| Tuesdays | 1:15P | Free |

MAH JONGG

Enjoy a fascinating ancient rummy-like game. Looking for new players. Instruction available for beginners.

| Day | Time | Fee |
|-------|--------|------|
| Tu/Th | 10A-1P | Free |

MINI MANICURES

Sit back and relax while a volunteer files, buffs and polishes your nails (no cutting). Ladies only. Manicure is free. Contact Lisa to register.

| Date | Day | Time |
|------------------------|-----|---------|
| 4/20, 5/18, 6/15, 7/20 | Wed | 10A-12N |

WEEKLY MOVIES

Watch blockbusters and vintage classics. Movie titles announced monthly in the newsletter and Rare Reminder.

Date: Every Monday, except the 1st Monday of each month. No movies in August.

| Time | Fee |
|------|------|
| 1P | Free |

NEEDLEWORK CRAFTS

Create knitted items and needlework crafts to be sold at the annual bingo fundraiser. For more information contact Pam Silva at 860-721-6267.

| Day | Time | Fee |
|-----|-------------|------|
| Mon | 9:30-11:30A | Free |

RED ONION SENIOR QUILTERS

Share your love of quilting and sharpen your skills. All skill levels welcome. The group shares quilting techniques, works on a 'block of the month' and quilts for sick children. Drop-in's welcome.

| Date | Day | Time | Fee |
|------------------------|-----|-----------|------|
| 4/18, 5/16, 6/20, 7/18 | Mon | 10-11:30A | Free |

SETBACK

Everyone is welcome including singles and partners, beginners and experienced players. Come early at 11:30a for free coffee/tea and pastry. For more information contact Joe or Claire at 860-258-0662.

| Day | Time | Fee |
|-----|--------|----------------------------|
| Fri | 12:15P | \$1 SC member/\$2 non-mem. |

WII BOWLING

Join the champion Wii bowlers in league and practice play. The team competes against rival senior center teams. Drop-in's welcome.

| Day | Time | Fee |
|-------|------|------|
| Tu/Th | 1-3P | Free |

SENIOR CENTER WORKSHOP

Fri., 4/8 or 4/29—1pm “Safer Transitions In Care”

We have all read about safety concerns in hospitals. It is common knowledge that hospitals can make you sick. That is why it is vital that all seniors learn how to protect themselves in a hospital setting. This workshop is a four-session educational program that will teach you how to stay safe in the hospital and as you transition home. It will be taught by Cynthia Ross Richardson, MS, BSN, RN, CNOR. Cynthia has worked in hospital settings for years and is personally committed to patient safety. The four sessions will cover: Getting Ready for your Hospital Stay, Road Map to Safe Hospital Care, Basics of Safe Surgery and Safe Recovery. Contact Lisa to register. Limited to 10. **Fee:** Free to Senior Center members. All others-\$5.

FRIDAY FEATURES

APRIL FOOL’S COMEDY OF SARA SHEA

We all know that laughter is good for us, but comedy clubs are not often on our list of places to visit. This is your chance to see a live comedian. Celebrate April Fools’ Day as we enjoy the clean, family-friendly stand-up comedy of Sara Shea from Avon. Contact Lisa to register. Free for Senior Center members. All others \$2.

| Date | Day | Time |
|------|-----|--------|
| 4/15 | Fri | 10:30A |

COME HULA WITH ME

Learn about Polynesian culture and Hawaiian and Tahitian dance. Be entertained by the beautiful, Tiare Kahana, a professional hula dancer. Contact Lisa to register. Free for Senior Center members. All others \$2.

| Date | Day | Time |
|------|-----|--------|
| 5/27 | Fri | 10:30A |

LUNCH & LEARN

CYBER RESOURCES

The Internet is a big place with lots of content—about 180 million active websites. The web is constantly changing, making it hard to keep track of sites which have the best content. To help make things a little easier, a list has been compiled of the best websites in 14 handy categories. Useful, top-of-the-line sites to help you find what you are looking for. Contact Lisa to register. Free for Senior Center members. All others \$2.

| Date | Day | Time |
|------|-----|------|
| 4/20 | Wed | 12N |

AARP PRESENTS: THE CON ARTIST PLAYBOOK

AARP Fraud Watch Network volunteer Darlene Dunbar will guide you inside the mind of a criminal. Participants will have an opportunity to understand the psychology behind identity theft, fraud and scams by watching actual footage and listening to the audio of scammers. Gain insight, tools and information on how to keep yourself, your family and the community safe. Contact Lisa to register. Free for Senior Center members.

All others \$2.

| Date | Day | Time |
|------|-----|------|
| 5/17 | Tue | 12N |

KNOWLEDGE & NIBBLES

DEMYSTIFYING DEMENTIA

A presentation by Atria Senior Living will cover different types of dementia, signs and symptoms to watch for, the latest treatments available and how to maintain brain health. Breakfast snacks will be provided by Atria. Contact Lisa to register.

| Date | Day | Time | Fee |
|------|-----|--------|------|
| 6/15 | Wed | 10:30A | Free |

SENIOR CENTER SUMMER CELEBRATION **STUDIO 2: A BEATLES TRIBUTE BAND**

Enjoy a special evening of classic Rock n’ Roll with a Beatles tribute band that will take you back to 1964. Limited seating. Reservations required. Contact Lisa to register. Tickets will not be sold at the door. Senior Center members-Free. All others-Adults-\$5; kids under 10-free.

| Date | Day | Time |
|------|-----|---------|
| 7/25 | Mon | 6-7:30P |

BUS TRIPS

The following trips are planned through Friendship Tours. Contact Lisa at 860-721-2979 for information and registration. Prices are all inclusive.

| Date | Trip & Fee |
|------|------------|
|------|------------|

| |
|---|
| Tue., 5/24—<u>The Will & Anthony Show</u>. From Broadway to Italy to the Aqua Turf, enjoy the music of identical twins Will & Anthony Nunziata. Listen to pop standards, showstoppers and classical Italian music. The two have strong voices, undeniable charm, brassy comedy and wonderful stage presence. Cost \$91/pp for meal & show. |
|---|

Sun., 6/26—Spamalot. You may have seen this hilarious show advertised. See it in person at the Stageloft Theatre in Sturbridge, MA. Enjoy a delicious meal at the Salem Cross Inn. Cost \$80/pp.

Tue., 7/12—All You Can Eat Lobster & Show. Enjoy an all-you-can-eat lobster at the Delaney House in Holyoke, MA and a musical performance by tenor Michael McGeehan who recently headlined in Atlantic City. Cost \$96/pp.

Wed., 8/31—The Duprees Show & Lunch. Enjoy the ultimate do-op group. Their sound is unmistakable and their love songs will never die. Enjoy a delicious Aqua Turf luncheon. Cost \$94/pp.

Tue., 9/13-Thur., 9/15—Samson. See the show “Samson” at the Sight & Sound Theatre in Lancaster, PA on our first overnight trip. Cost includes two nights in the Cork Factory Hotel in Lancaster, a guided Amish tour, shopping at Kitchen Kettle Village with its 42 shops and restaurants and more. Cost \$441/pp double occupancy hotel for two nights, two breakfasts, two dinners, sightseeing and admissions. (Only 20 seats available.)

Sun., 10/23—Oktoberfest at the Log Cabin. Enjoy the fall foliage on a trip to the Pioneer Valley in MA, the German Band, the Jolly Kopperschmidts and the unbeatable buffet of the Log Cabin. Cost \$82/pp.

HEALTH SCREENINGS

Blood Pressure Screenings – 2nd Wed. of each month, 10:30-11:30A sponsored by Ellis Manor and the 4th Thur. of each month (no screening 8/25), 12:30-1:30P sponsored by Cedar Mountain Commons. Walk-in's welcome.

Blood Sugar Screenings – Fri., 4/8, 5/13, 6/10, 7/8, 8/12 from 11A-12N sponsored by Apple Rehab.

Dental Cleaning Clinics – Thur., 7/14 & Fri., 7/15.

Sponsored by Central CT Health District and performed by professional hygienist. Open to those 60+ years old and resident of Wethersfield, Rocky Hill, Newington and Berlin. Attendance limited to one clinic per year. Call 860 721-2979 for an appointment.

Foot Care - 4/1 & 19, 5/6 & 23, 6/3 & 29, 7/1 & 29, 8/5. Includes cleaning, filing, trimming, reducing corns and calluses by RN. Seniors only. No diabetics. Fee: \$29. Contact Lisa to register.

COMPUTER LEARNING CENTER

The Computer Learning Center will empower you for the computer age. In addition to classes, volunteer staff provides one-to-one assistance upon request. Contact Lisa for information or an appointment at 860-721-2979.

WELCOME TO WINDOWS 10

Learn to work with the Windows 10 desktop, open and close apps, use the calculator, help and support, weather, news and solitaire apps.

| Date | Day | Time | Fee | Code |
|---------|------|---------|------|-----------|
| 4/12&14 | T/Th | 10A-12P | \$20 | 537860-01 |

WORD PAD

Learn how to work the computer's Word Pad App to compose and edit a document. Learn how to save and copy to email and learn or sharpen your word processing skills.

| Date | Day | Time | Fee | Code |
|---------|------|-------------|------|-----------|
| 4/19&21 | T/Th | 12:30-3:00P | \$20 | 537890-01 |

IPHONE FOR NEW USERS I

Smartphones are powerful and useful. Apple's iPhone is one the easiest to learn and use. The workshop is for the new user of an iPhone 4, 5, or 6. Participants will learn about the home screen, how to make and receive calls, review settings, customize phones and connect to WiFi. Bring your fully charged iPhone.

| Date | Day | Time | Fee | Code |
|------|-----|-------------|------|-----------|
| 4/11 | Mon | 12:30-2:30P | \$10 | 537235-01 |

IPHONE FOR NEW USERS II

This workshop is a continuation of iPhone for New Users I and goes into more detail on texting, taking and sharing photos, creating and using contact lists. Learn how to get emails on your phone. Bring your fully charged iPhone.

| Date | Day | Time | Fee | Code |
|------|-----|-------------|------|-----------|
| 4/18 | Mon | 12:30-2:30P | \$10 | 537236-01 |



IPHONE INTERMEDIATE

Have you been using your iPhone for a while to make calls, text and take photos, but want to know what else your phone can do? Learn to use the calendar for scheduling events. There is an introduction to the world of apps, including how to search and download apps. Bring fully charged iPhone.

| Date | Day | Time | Fee | Code |
|------|-----|-------------|------|-----------|
| 4/25 | Mon | 12:30-2:30P | \$10 | 537240-01 |

NOOK eREADER/NOOK SAMSUNG TABLET

Even if you like reading paper books, eReaders and tablets are great for storing a library of great reading. Barnes & Noble's Nook helps you keep up with all your favorite books and magazines. Learn to search, download and store books. Nook users must register their devices with Barnes & Noble in order to download books before taking this workshop. Bring your fully charged Nook.

| Date | Day | Time | Fee | Code |
|------|-----|-------------|------|-----------|
| 5/9 | Mon | 12:30-2:30P | \$10 | 537107-01 |

TRAVELING THE WORLD WIDE WEB

This class is for those who know a bit about browsing the Internet but want more help with surfing and searching for information. It will cover security concerns and shopping online.

| Date | Day | Time | Fee | Code |
|-------------|-----|-------------|------|-----------|
| 5/16 & 5/18 | M/W | 12:30-2:30P | \$20 | 537190-01 |

KEEPING IN TOUCH WITH EMAIL

Email is a great way to stay in touch with friends and family. Participants will use their own email accounts by starting off with the basics including creating, sending and receiving emails. Learn to manage junk messages. It will cover sending files, photos, creating an address book and lists. Participants must bring their log-on and password information to be able to access email accounts on the computer lab's laptops or they may bring their own laptops.



| Date | Day | Time | Fee | Code |
|-------------|-----|-------------|------|-----------|
| 5/23 & 5/25 | M/W | 12:30-2:30P | \$20 | 537100-01 |

CUSTOMIZE YOUR SETTINGS IN WINDOWS 10

Learn how to customize your computer, including changing the background photo, font size and volume.

| Date | Day | Time | Fee | Code |
|------|-----|-------------|------|-----------|
| 6/6 | Mon | 12:30-2:30P | \$10 | 537705-01 |

PHOTOS, VIDEO & MUSIC

Learn how to open, view, edit, print and save photos in the Windows 10 Photo App. Become acquainted with the movies, TV apps and listen to music using Windows Media Player.

| Date | Day | Time | Fee | Code |
|-----------|------|--------------|------|-----------|
| 6/7 & 6/9 | T/Th | 9:30A-12:00P | \$20 | 537725-01 |

SENIOR CENTER CLASSES

PAINTING

Ages 55+. Join artist Faye Ahlberg as she cultivates the innate talents of her pupils. In this free-flowing class, Faye provides individual instruction or guidance for your burgeoning self-expression. Beginners and experienced painters welcome. Students are free to use any water-based medium including acrylics and water colors. Min/Max: 4/12. Pitkin Community Center.

| Date | Day | Time | Res/NonRes | Code |
|----------|-----|--------------|------------|-----------|
| 6/7-7/26 | Tu | 10:00-11:30A | \$16/\$16 | 136020-01 |

CHAIR YOGA

sponsored by the Keane Foundation

Ages 55+. Learn yoga basics using a program that adapts easily to any fitness level. All movements can be done seated and will work your core and extremities. Benefits include increased flexibility, strength and relaxation. Register for both Monday & Thursday for \$30. Min/Max: 10/45. Pitkin Community Center. No class 6/13, 7/4.

| Date | Day | Time | Res/NonRes | Code |
|-----------|-----|---------------|------------|-----------|
| 6/6-8/8 | M | 11:30A-12:30P | \$16/\$16 | 136235-01 |
| 6/23-8/11 | Th | 2:00-3:00P | \$16/\$16 | 136235-02 |

GOOD LIFE FUNCTIONAL FITNESS

Ages 55+. This structured exercise group is run by a professional exercise physiologist. The program will help maintain functional mobility and strength through a series of progressive exercise routines that focus on improving posture, balance, agility and strength. Min/Max: 6/10. Pitkin Community Center. No class 5/30, 6/29, 7/4.

| Date | Day | Time | Res/NonRes | Code |
|---------|-----|------------|------------|-----------|
| 5/9-8/3 | M,W | 1:45-2:30P | \$30/\$30 | 136240-01 |

TAI CHI QIGONG

Ages 55+. Learn the ancient forms of T'ai Chi Chuan and the Chinese healing rituals of Qigong that include mindfulness and meditation. Benefits include improved flexibility, balance and mental focus. Easy to learn and open to all abilities. Min/Max: 10/40. Pitkin Community Center.

| Date | Day | Time | Res/NonRes | Code |
|-----------|-----|---------------|------------|-----------|
| 6/23-8/11 | Th | 11:00A-12:00P | \$16/\$16 | 136250-01 |

Online: wethersfieldct.gov/recreation. You must be a registered household with a user name and password. Note: 75% of the spaces in each class are available.

By mail or in person: Use the registration form on the back page. Copies are accepted. Submit forms by mail or drop off at Parks & Recreation or Pitkin Community Center. Forms received by mail or in person in the office will be processed randomly. Registration forms will be accepted one week prior to start of registration.

Fax or phone registrations are not accepted.

HOW TO BECOME A REGISTERED HOUSEHOLD

Register online at wethersfieldct.gov/recreation. Once your household is entered in the database, you will receive a user name and password by the next business day to begin registering online.

PAYMENT

Online registration may be made by MasterCard or VISA credit or debit card. Registration forms submitted by mail or in person must include payment. Accepted methods of payment are cash, check or money order, MasterCard or VISA credit or debit card.

REFUNDS & CANCELLATIONS

Parks & Recreation reserves the right to cancel programs and issue refunds due to insufficient registrants or causes beyond its control. Refunds will be automatic if a session is cancelled.

Refund requests must be received prior to the start of a program during office hours. A \$10 per class processing fee will be deducted.

Refunds will not be given after a program has begun.

FINANCIAL ASSISTANCE FOR RESIDENTS

Contact Parks & Recreation for further information.

WAIVER

If you have a physical limitation, it is your responsibility to obtain a statement from your doctor approving your participation in a program. Parks & Recreation complies with the Americans Disabilities Act by making reasonable accommodations in its programs to enable participation by people with disabilities who meet essential eligibility requirements for the specific programs and facilities.

SUMMER OFFICE HOURS

Summer office hours are scheduled to begin on Monday, 6/13. Hours will be Monday-Wednesday 8:00A-4:30P, Thursday 8:00A-6:00P, and Friday 8:00A-1:00P. Regular hours will resume on Monday, August 29. Closed Monday, 7/4.

Registration Policies

TO REGISTER

Registration for residents and Friends of the Nature Center members begins Wednesday, 4/6, 8:00A and for non-residents Thursday, 4/7, 8:00A. Exceptions are indicated in individual program descriptions.

Class participant must be registered under the household in which they reside.

Sometimes a class must be cancelled due to lack of enrollment. Please register early to avoid disappointment.

Rental Facilities

9/11 MEMORIAL SPORTS CENTER

30 Greenfield Street. Located in the Pitkin Community Center. The gym and meeting room, both with wireless internet access, are available for birthday parties, team practices, and group meetings. Set up a bounce house in the gym. Play basketball, wiffleball, kickball or tag. Sports equipment may be requested for use during rental. Call the Community Center office for more information at 860-721-2950.

WILLIAM J. PITKIN COMMUNITY CENTER

30 Greenfield Street.

A wide variety of rooms available for all types of rental functions. Rentals include tables and chairs set up to your specifications.

- Large banquet room for weddings, business seminars and meetings, dances and fundraisers for groups of 50 to 350.
- Fireside Room is perfect for showers, smaller parties and meetings for up to 50 people.
- F-3 can accommodate up to 50 for parties and meetings.

Additional rooms available. Call the Community Center office for more information at 860-721-2950. Rates available upon request.



SOLOMON WELLES HOUSE

220 Hartford Avenue. An historic house built in 1774 adjacent to Cove Park overlooking Wethersfield Cove. With its wrap around porch and beautiful view of the cove, it is a perfect setting for meetings, family gatherings, anniversary parties, engagement parties, showers and groups of up to 52 people seated or 74 standing. Tables and chairs are included with the rental. Rentals are for residents only. For more information, visit wethersfieldct.gov or call 860-721-2890.



ELEANOR BUCK WOLF NATURE CENTER

156 Prospect Street. An environmental Education Center, and home to over 50 animals, the EBW Nature Center is a family friendly place to enjoy a party outside your home.

Party with the Animals: Celebrate your child's birthday at the EBW Nature Center. Staff assist with set-up and clean-up, greet guests and lead hands-on activities with the animals. Parties are 2 hours (plus 1 hour set-up and a half hour clean-up) with flexible scheduling offered (Saturdays and Sundays). Fee is \$150 for Friends of the Nature Center and \$175 for non-members.

Room Rentals: The EBW Nature Center offers rental of the individual meeting and program spaces. Standard room rental is 2 hours (plus half hour for set-up and half hour for clean-up). Rooms can be rented for longer time frames for an additional fee.

- Meeting Room (max. 12 board style) – Members \$20/Nonmembers \$25
- Program Room (max. 70 reception; 30 board/class; 50 lecture) – Members \$35/Nonmembers \$40
- Whole Building (max. 170) – Members \$190/Nonmembers \$220

For more information contact the Nature Center at 860-721-2980.

ATHLETIC FIELDS / PARK FACILITIES

Playing fields and other park amenities may be rented for tournaments, fundraiser or outing based on availability. Call the Parks & Recreation Department for further information at 860-721-2890.



LORETTA'S DREAM PAVILION

Located in Mill Woods Park at Prospect Street & Wolcott Hill Road. This beautiful covered pavilion may be rented by residents for parties and gatherings (maximum capacity 100). Nestled in the wooded area of the park, enjoy the close proximity to bocce courts and a playscape, as well as beautiful views of Mill Woods Pond. Facilities include picnic tables and a grill.

For further information, call the Parks & Recreation Department at 860-721-2890.

Therapeutic Recreation Supplemental Form

Please be specific when providing the following information, and submit with your Registration Form.

Participant's Name _____

Primary Disability _____

Assistive or Adaptive Device(s) used _____

Medications _____

Side Effects Staff Should be Aware of _____

Allergies _____

Special Considerations Not Mentioned Above (especially related to medical or behavioral needs) _____

Special Interests _____

I give my permission for photographs to be taken and used for program publicity. Yes _____ No _____

I give my permission for transportation in an authorized town vehicle to TR activities. Yes _____ No _____

Participant Signature or Parent/Guardian Signature _____

Date _____

Friends of the Eleanor Buck Wolf Nature Center Supplemental Form

Please submit with your Registration Form. Attach a separate check payable to "Friends of the EBWNC".

Please indicate membership type: ☐ Renewal ☐ New

Name: _____

(Adult name if a minor): _____

Address: _____

City/State/Zip: _____

Phone: _____

Email: _____

(Providing this grants permission to join our online mailing list.)

The Friends is an IRS 501-c3 not-for-profit corporation. Contributions are tax deductible to the extent permitted by law.

| Annual Memberships | Individual | Family |
|--|-------------------------------|----------------------------------|
| Friend of Nature | <input type="checkbox"/> \$15 | <input type="checkbox"/> \$25 |
| Special Friend of Nature | <input type="checkbox"/> \$30 | <input type="checkbox"/> \$40 |
| Nature Lover | <input type="checkbox"/> \$45 | <input type="checkbox"/> \$55 |
| Guardian of Nature | <input type="checkbox"/> \$60 | <input type="checkbox"/> \$70 |
| Senior (individual or couple 65+) | | <input type="checkbox"/> \$10 |
| Group (nonprofit, school class, scout troop) | | <input type="checkbox"/> \$40 |
| Corporate Sponsorship | | <input type="checkbox"/> \$100+ |
| Lifetime Memberships | | |
| Individual or Senior (indiv. or couple 65+) | | <input type="checkbox"/> \$500 |
| Family | | <input type="checkbox"/> \$1,000 |

Wethersfield Parks & Recreation Department

505 Silas Deane Highway, Wethersfield, CT 06109

Phone: (860) 721-2890

wethersfieldct.gov/recreation

Activity Registration Form**HOUSEHOLD CONTACT INFORMATION – PLEASE FILL OUT COMPLETELY**

Adult First Name _____ Last Name _____
 Adult First Name _____ Last Name _____
 Street Address _____ City _____ State ____ Zip ____
 Home Phone _____ Cell Phone _____
 Work Phone _____ Email Address _____
 Emergency Contact _____ Relationship _____ Phone _____

PROGRAM REGISTRATION

| Participant | M/F | DOB | Grade | Program Name | Program Code | Fee |
|-------------|-----|-----|-------|--------------|--------------|-----|
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

Special Information (allergies, medical conditions, medications, etc.) _____

POOL PASS**Individual Pass - \$35****Family Pass - \$55** (Limited to 2 adults and the children living in household)

Office use: Pool Pass # _____

| Individual Pass - First & Last Name | Age | DOB |
|-------------------------------------|-----|-----|
| | | |

| | Family Pass - Name | Age | DOB | Family Pass Name | Age | DOB |
|---------|--------------------|-----|-----|------------------|-----|-----|
| Adult 1 | | | | | | |
| Adult 2 | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

WAIVER - READ CAREFULLY AND SIGN BELOW

I acknowledge there are certain risks in participating in a recreational activity and agree to assume the risk of injury which I and/or my child may encounter. I grant permission to seek emergency, medical care on behalf of myself and/or child. (Medical approval is suggested for those participating in any exercise class.) I further agree I will not hold employees of the Town of Wethersfield or its agents liable for any injuries which I and/or my child may encounter. I grant permission for transportation in authorized vehicles for Parks & Recreation activities and for photographs to be taken for department publicity unless otherwise noted in writing. In addition, I acknowledge all household information provided is true and accurate. The Parks & Recreation Department may request further verification regarding the information provided.

Adult Signature: _____ Date _____

PAYMENT INFORMATIONPayment Type: ☐ Check # _____ ☐ Cash _____ ☐ Credit Card

Donation for camp fund (Provides assistance for families unable to afford program fees for summer camp, see page 5 for details.)

Activity Fees Subtotal \$ _____**Donation** + _____

(optional)

Credit Card Signature _____ Date _____ **Total Amount** \$ _____

I agree to pay the total amount according to the cardholder agreement.

☐ Visa ☐ Mastercard _____ - _____ - _____ - _____ Exp. Date ____ / ____